

***Office of School Food Services and Nutrition
South Carolina Department of Education***

***Lending Library
Alphabetical List***

SCDE, Office of School Food Services and Nutrition
1429 Senate Street, 200 Rutledge Building
Columbia, South Carolina 29201
Main Number: (803) 734-8188

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ACCUCCLAIM**A/FMB****S****1988**

(Video, 24 min) A nationwide project to improve the accuracy and accountability of claims for reimbursement in the national school lunch and breakfast program. (South Carolina ETV)

ADULT LEARNING**A/PD****S****1977**

(Book) Brings together the contributions of a number of psychologists who have been engaged in undertaking or applying research into adult human learning. Learning takes numerous and varied forms, and the topics covered in the present volume are fittingly diverse. (John Wiley and Sons, Inc.)

ADVENTURES IN GOOD EATING**CM/M****S****1995**

(Activity kit) Menu suggestions, special events, games and artwork. The kits purpose is to help increase school meal participation and attendance at school. (National Dairy Council)

ADVENTURES OF A SELF-MANAGING TEAM, THE**A/HR****S****1991**

(Book) Self-managing teams are the most promising and exciting revolution in American companies today. They may be called self-directing teams, high-performing team, or employee involvement teams. But, whatever they are called, they are proving to be the most productive innovation in American industry in years and the wave of the future. (Pfeiffer & Company)

ADVENTURES OF PATTY MELT & FRIENDS, THE**O/SSWM****PI****1995**

(Activity kit) The Pennsylvania Beef Council presents the activity kit as part of their commitment to increase the awareness of food safety to children. (Pennsylvania Beef Council)

AIM, BUILD, CHOOSE – THE DIETARY GUIDELINES FOR AMERICANS 2000: A CLASSROOM, CAFETERIA, AND COMMUNITY ACTIVITY KIT**N/NE****LJHS****2001**

(Activity kit; printed material) Kit has 3 different sections: for teachers, food service and community/parents/partners. Teacher section has four lessons on Dietary Guidelines that can be taught in the Health, Language Arts, Physical Education, Science, Family and Consumer Science, and Math Classrooms. Food Service section contains ideas for promoting physical activity in the cafeterias, Food Guide Pyramid ideas and recipes, and suggestions for teaching children about making informed food choices. Community/Parents Partners section includes suggested activities and reproducibles to involve parents in continuing nutrition education in the home and a model school community activity to promote the Dietary Guideline “Build a Healthy Base.” There is also an evaluation section. (Pennsylvania Department of Education, Division of Food and Nutrition)

AFRAID TO EAT: Children and Teens in Weight Crisis**N/NE****S****1997**

(Book) *Afraid To Eat* explains what this doing to kids, how they’re hurting themselves emotionally, intellectually and physically and how we as parents, teachers and friends can free our children and help them fulfill their potential as generous capable, unique individuals (Healthy Weight Publishing Network)

ALL ABOUT KNIVES**O/FE****HS****1965**

(Teacher’s guide w/filmstrip, audiocassette) Efficiency and economy in cooking can be improved by the proper use of the right knife for each step in food preparation. The filmstrip explains knife construction, care of cutlery, how to prepare fruits and vegetables, and how to carve meat, fish and poultry. The student booklet illustrates basic carving techniques, the many types of knives available and their uses, plus other cutlery information. (EKCO Housewares Company)

ALL STAR RECEIVING FOR CHILD NUTRITION 1998 BLT (Breakfast – Lunch Training)**O/P****S****1998**

(16-minute video and manual) This material is designed for school cafeteria managers. There are 5 lessons and each lesson is 10 to 15 minutes in length. The titles of the lessons are: 1) The Flow of Food; 2) Checks and Balances at the Back Door; 3) The Freshness Check; 4) Check It and Store It; and 5) Murphy’s Law. There are also masters for making handouts for lessons. (Distributed by the National Food Service Management Institute.)

AMERICAN DIETETIC ASSOCIATION’S COMPLETE FOOD AND NUTRITION GUIDE, THE**N/GN****HS****1996**

(Book) Focuses on a healthful diet for all stages of life. Describes nutrition and health concepts in a clear, straightforward language; has many useful charts, graphs, and illustrations. Each chapter offers the opportunity to assess your own food and nutrition knowledge and practices. Demonstrates through real-life examples and tips how sound nutrition habits and physical activities can be incorporated into diverse life styles. (Chronimed Publishing)

ANDRAGOGY IN ACTION: APPLYING MODERN PRINCIPLES OF ADULT LEARNING**A/PD****S****1984**

(Book) Explains andragogy applications toward adult learning and the basis of promoting an organizational climate of openness, collaboration, inquiry, creativity, competence, and, ultimately success. (Janus Books)

BAC ATTACK!**O/SSWM****PLJ****1999**

(A training kit with 20-minute video and handbook). Introduces food safety in an intriguing, engaging way. Students investigate an outbreak of food borne illness. Grades 4, 5, 6. (Partnership for Food Safety Education.)

BAKING BETTER PRODUCTS**O/FP****S****1987**

(Video, 29 min) Baking is a combination of both art and science. It takes imagination, experience, and a thorough knowledge of the science of baking to consistently produce top quality products in school food service today. (South Carolina ETV)

BAKING FOR HEALTHY SCHOOL MEALS**O/FPS****S****1998**

(Student workbook and instructor guide) A basic 30-hour course consisting of 10 hours of classroom instruction and 20 hours of laboratory exercise designed for school food service operators with responsibilities in baking. The course stresses the use of standardized recipes for quality products. Parts of the course are taken from the "Culinary Techniques for Healthy School Meals" program. (Course was developed through a South Dakota Team Nutrition grant.)

BAKING: THE ART AND SCIENCE**O/FP****S****1988**

(Book) An innovative handbook for the baking industry developed by leading bakers and educators in West Germany. Translated into plain English and adapted to North American standards, this book contains everything a successful modern baker needs to know, from the theoretical to the practical. (Baker Tech Inc.)

BARELY BEAR AND HIS FRIENDS LEARN TO LIKE NEW FOODS**N/NE****P****1990**

(Video, 7 min) This story is about a bear that had the opportunity to try new foods that he has never seen before and of his getting others to try new foods that were good for them. Video is included in the *10 Minute B-L-T (Breakfast Lunch Training) for School Food Service Managers* Program. See this description for total program. (National Food Service Management)

BASIC BUSINESS ETIQUETTE**A/PD****A****1999**

(Booklet, 40 pages) A short tutorial concerning the proper way to conduct business while remembering important manners. Subjects covered include appearance, Greeting, office visits, introductions, telephone conversations, invitation, gift giving, entertainment, and out of town visitors. (Elliott, Carson)

BASIC FOOD AND BEVERAGE COST CONTROL**A/FMB****S****1994**

(Book) This text intends to focus, in a very basic way, on helping managers understand the logic and the systems involved with managing costs. It is intended to be a primer, the first step, in what could be a lifelong and rewarding study of how to be a better manager in this important area of cost control. (John Wiley and Sons, Inc.)

BASIC NUTRITION AND DIET THERAPY**N/GN****S****1988**

(Book) Designed primarily for students and health workers in a beginning assistance level program for practical or licensed vocational nurses (LVNs) as well as for diet technicians or diet aides. (Time Mirror/Mosby College)

BATCH COOKING**O/FP****S****1987**

(Video, 20 min) Batch cooking and the difference batch cooking makes in school cafeterias throughout. With batch cooking, the food is fresher. Sales increased through the use of this idea. (South Carolina ETV)

BE BONE WISE: EXERCISE**N/NE****JHS****1999**

(33-minute video and written material) Video designed to help develop exercise that is safe for bone health. Divided into four sections: 1) warm up, 2) aerobics, 3) wall exercises, 4) chair exercises and 5) floor exercises. (National Osteoporosis Foundation.)

BE PREPARED TO LEAD**A/PD****S****1985**

(Video, 26 minutes) Video on Applied Leadership Skills for Business Managers. Part of the (Toastmaster International Communications Series)

BE PREPARED TO SPEAK**A/PD****S****1985**

(Video, 27 minutes) Video on Public Speaking Part of the (Toastmaster International Communications Series)

BENNY BROCCOLI AND HIS BUDDIES

N/NE PI 1994

(Booklet w/poster) Children should understand that the foods they eat are important to their health. Eating a variety of good foods helps them grow stronger, gives them energy, and can fend off illness. This gives students a taste of the world of agriculture and the abundant, safe, and nutritious foods available in America. It will help children discover and understand how people work together to produce bountiful crops to meet our nutritional needs. (American Crop Protection Association)

BEST BREAKFAST, THE

N/NE H 1988

(Video, 25 min) Eating a good first meal helps you stay alert on the job and gives you energy. This video has two parts: choosing the right breakfast and information on nutritious cereals. (The Learning Seed)

BETTER EATING FOR BETTER HEALTH

N/NE H 1984

(Kit w/6 booklets) A health kit for adults as they learn about good nutrition and about maintaining a healthy low fat diet. (American National Red Cross)

BIG LITTLE FACT BOOK, THE

A/PD S 1997

(Booklet, 17 pages) A synopsis of the current state of school food service programs. Graphs and data provide overview of trends and developments of child nutrition programs, delivery systems, purchasing options, menu systems, and federal requirements up to 1996. A brief overview of the food service market is also provided. (American School Food Service Association)

BISCUITS FOR BREAKFAST AND BEYOND

O/FP S 1998

(Video, 12 min) An instructor's guide to following training hints for making biscuits. (Bryant Productions)

A BLUEPRINT FOR A MODEL SCHOOL NUTRITION PROGRAM FOR STUDENT SUCCESS

N/NS S 1999

(Manual) Workshops manual designed to educate foodservice directors on the aspects of creating and implementing quality school nutrition programs through understanding the model school nutrition blueprint. Contains many resources to support the sex components of the Blueprint. (South Carolina Department of Education)

BODYWATCH: GOOD INTENTIONS, BAD DIET

N/NE H 1988

(Video, 29 min) Evidence is accumulating that suggests that many of the foods we may choose to eat as children may put us in higher risk categories for serious diseases as adults. (MTI Teleprograms, Inc.)

BOOK OF YIELDS, THE: ACCURACY IN FOOD COSTING AND PURCHASING

O/P S 2000

(Book, 102 pages) Reference tool for food service staff containing information about specific food measures. The book is organized by food types and provides cooking yield and volume to weight equivalents. Yield percentages and weight to volume equivalents are provided for buying raw foods. Allow food service manager to write costed recipes using foods bought by weight but used by volume. (Lynch, Francis T.)

BOWES & CHURCH'S FOOD VALUES OF PORTIONS COMMONLY USED, 16th Ed

N/GN S 1994

(Book) The purpose of this book is to supply authoritative data on the nutritional values of foods in a form for quick and easy reference. This information may also be of use to nutrition researchers, students of nutrition dietetics, and individuals who are on special diets or who want to know more about the composition of foods. (J.B. Lipincott Company)

BREAKFAST AT SCHOOL: AN IDEA IN TUNE WITH THE TIMES

N/NE H 1980

(Video, 15 min) In school, during the morning hour, the basic subjects are taught. Those early hours should be the most productive. Yet, a hungry child, like a hungry adult, would be restless and inattentive. With school breakfast, our youngsters get meals that meet specific nutritional requirements that are set by the USDA. (South Carolina ETV)

BREAKFAST MAKES IT HAPPEN

N/NE S 1995

(Video, 14 min) This video for school administrators tells the school breakfast story from the principal's viewpoint. It features real-life principals telling about their successes with school breakfast programs that have been implemented in their schools. Research shows that with school breakfast, you see increases in student test scores and school performance evaluations along with less tardiness and absenteeism. (National Dairy Council)

BRINGING THE PRODUCE MARKETPLACE TO GOVERNMENT

O/FDC S 1995

(Video, 10 min) The government is also a major consumer in produce. The DPCS is involved in getting fresh produce for military workers, prison systems and school food services. (Defense Logistics Agency)

BUFFALO CHOPPER SETUP

O/FE S 1984

(Video, 7 min) Deals with setting up the Buffalo chopper for operation in food services, which is used for large production of quality foods. (RMI Media Productions)

BUILDING BETTER CUSTOMER REALTIONS

CM/CS S 1995

(Training Kit) For food service employees focused on improvising customer relations. Kit includes instructor's guide, participant handouts, audiovisuals, overhead transparencies, and props.

BUILDING FOR THE FUTURE: NUTRITION GUIDANCE FOR THE CHILD NUTRITION PROGRAMS

N/NE PIJHS 1992

(Booklet, 60 pages) USDA publication offers practical guidance to help food service professionals provide sound nutrition for America's children. It also provides information for others in the education community who are interested in nutrition, including teachers, parents, administrators, school board members, school health personnel, and children and teens who participate in the programs. (USDA)

BUILDING ON GRAINS: THE BOTTOM LINE IN BALANCING SCHOOL MEALS

O/FPS S 1995

(Kit) As you well know, finding nutritious a food that kids will eat is half the battle. The other half is meeting the new school meal guidelines. Grain-based menu planning could be the single most important step you take in implementing those changes. Because grain foods are naturally low in fat, high in fibers and packed with energy-producing complex carbohydrates, they're the perfect fuel for active students. (Wheat Food Council)

BUILDING QUALITY MEALS: PRODUCTION PLANNING

O/FP S 2000

In this program, child Nutrition Professionals see how to manage their programs more effectively and ensure quality through good production planning and record keeping—effective management tools for all school food service operations, regardless of size. NFSMI (National Food Service management Institute) satellite seminar. 60-minute videotape. Written materials. October 2000

BUSINESS OF SCHOOL FOOD SERVICES, THE

A/FMB S 1992

(Video, 14 min) Concentrates on the need to operate within a prepared budget while meeting local requirements to operate on a self-supporting basis. (New York University Film Library)

CAMPAIGN TO END CHILDHOOD HUNGER

N/SN H 1989

(Video, 15 min) Millions of kids are hungry in America. The Community Childhood Hunger Identification Project (CCHIP) survey measured the extend of hunger in the home in the last year. Over 2,335 low-income families were interviewed. Based on this study, a conservative estimate is that 5.5 million children suffer hunger in the US. (Food Research and Action Center)

CAN HAVE DIET AND MORE, THE

N/NE HS 1995

(Book) For people who want to lose weight by lowering calories in their diets. The book provides the essential information you need to bring the exercise habit into your life, to lower your percent of body fat and fat intake, to increase fiber, and to eat according to the recommendations of the Food Guide Pyramid. (Nutrition Counseling and Education)

CANNED FOOD REFERENCE MANUAL, THE

O/FP S 1949

(Book) Discusses canned foods and their importance to industries as well as consumers when it comes to nutrition and health. (American Can Company)

CARE CONNECTION TRAINING PROGRAM

A/PD S 1997

(Video) A series of 10 video lessons with printed materials. Designed for use by Child and Adult Care Food Program sponsors of child care homes and childcare centers for training caregivers in home and centers to provide quality care for children. (National Food Service Management Institute.)

CARE: SPECIAL NUTRITION FOR KIDS

N/SN S 19??

(Video, 21 min) Introduces viewers to a new approach to nutrition for children with special needs. (Alabama Department of Education)

CATALOG OF FOOD SPECIFICATIONS

O/FP S 1992

(Book) Contains short purchasing specifications for about 3,200 food items and expendable kitchen supplies. Includes most items that are specific to institutional feeding, but excludes items such as filet mignon, which are traditionally utilized by the restaurant trades. (US Department of Agriculture)

CHANGING THE COURSE: IMPLEMENTATION GUIDE; LOWER ELEMENTARY CURRICULUM; UPPER ELEMENTARY CURRICULUM; INTERMEDIATE CURRICULUM; SECONDARY CURRICULUM; SCHOOL FOODSERVICE MANUAL

N/NE KPLJHS 1998

(Manuals) Series of manuals for nutrition education and training at various levels. Produced by the American Cancer Society. An update of the 1991 material of the same name. Major themes include decreasing fat, and increasing fiber and daily physical activity. Each curriculum module focuses on a specific theme. Changing the Course is based on both the Dietary Guidelines for Americans and the American Cancer Society Dietary Recommendations.

Lower Elementary Curriculum Module emphasizes eating fruits and vegetables (9 lessons).

Upper Elementary Curriculum Module focuses on reducing fat in dairy product consumption (8 lessons).

Intermediate Curriculum Module emphasizes fiber (8 lessons).

Secondary Curriculum Module encourages students to explore a wide range of food related topics corresponding to individual interests and growing autonomy (9 lessons).

School Foodservice Manual Ideas to assist in marketing nutritious foods to students and a training module to use in training foodservice workers in techniques to decrease fat and increase fiber content of menus. (American Cancer Society)

CHAMPIONS OF CHANGE: CHILD NUTRITION PERSONNEL

A/HR S 1995

(Video, 60 min) Focuses on the changes in child nutrition programs to enable school personnel to take charge and make them work. (National Food Service Management Institute)

CHILD CARE RECIPES: FOOD FOR HEALTH AND FUN (cc)

O/FP S 1999

(Manual) A collection of 141 new recipes for childcare from the United States Department of Agriculture. Many of the recipes provide directions for one or more variations and include old favorites and popular new dishes for a total of over 180 recipes. Each recipe contributes to meal requirements for the Child and Adult Care Food Program. Written for 25 and 50 servings, the recipes can easily be adjusted to serve larger and smaller groups. In addition to the recipes, the package includes tips on food safety and storage, selecting and serving foods, preparation, and instructions on recipe use. (USDA)

CHILD NUTRITION PROGRAM TRAINING FOR BLUE RIBBON SKILLS

A/HR S 1995

(Manual) The purpose of this course is to provide you with training in skills and techniques that will help you be a successful manager-trainer. What you learn in this course will aid you in working with your assistants to achieve the best foodservice program possible. (Alabama Department of Education)

CHILDREN AND WEIGHT: WHAT HEALTH PROFESSIONALS CAN DO ABOUT IT

N/SN S 1988

(Video, 20 min) Kids grow at very different rates. The purpose of this study is to identify the beginnings of obesity in childhood and to assess the effects of environmental factors. (University of CA Cooperative Extension)

CHILDREN AND WEIGHT: WHAT'S A PARENT TO DO?

N/NE H 1990

(Video, 12 min) Unlike adults, we don't expect children to lose weight. Instead, we have the expectation that growth and height can take care of a weight problem. This video describes how good eating habits, exercise, and support will help in the process of staying fit. (University of California)

CHOCOLATE MILK IN PERSPECTIVE

N/NE S 1989

(Book) This review of the scientific literature provides basic facts about chocolate milk, puts health concerns about chocolate milk into perspective, and discusses the place of chocolate milk in the diet and in federal nutrition programs. (National Dairy Council)

CHOCOLATE MILK: MORE THAN JUST GREAT TASTE

N/NE LJHS 1990

(Video, 14 minutes) Provides basic facts about chocolate milk, puts health concerns about chocolate milk in perspective and discusses the place of chocolate milk in the diet and in federal nutrition programs. (Southeast United Dairy Industry Association, Inc.)

CHOICE PLUS: A REFERENCE GUIDE FOR FOOD AND INGREDIENTS

O/P S 1996

(Book) Across the country, state agencies and local program operators are working together to implement changes in school meals to reflect these Dietary Guidelines. USDA has published this reference guide to meet schools' need for better food specifications, consistent with new nutritional goals and knowledge. It provides information that will help you, the program operator, make informed decisions when you purchase products for use in your school lunch and breakfast programs. (US Department of Agriculture)

CHOICES: IT'S TIME TO EAT RIGHT

N/GN JH 1989

(Video, 15 min) When choosing a well-balanced meal every day, you get more energy and become more attentive wherever you are. Eating right and exercising are two important steps that you must choose if you want to stay healthy. (Hawaii State Dept. of Health Nutrition Branch)

CHOLESTEROL AND CHILDREN

N/GN H 1988

(Book) The latest information and research on the risk of future heart disease for children and the current recommendations on cholesterol testing. (Harper & Row Publishers)

CHOLESTEROL IN CHILDREN: HEALTHY EATING IS A FAMILY AFFAIR

N/GN H 1992

(Booklet) Heart disease is still the number one killer of both men and women in the US. More than 6 million Americans have symptoms of heart disease. This booklet will help you understand how blood cholesterol in children is related to heart disease later in life and how to help your child follow a prescribed diet to lower cholesterol. (US Dept. of Health & Human Services)

CHOOSING A HEALTHY START

N/NE H 1989

(Video, 19 min) Teenagers who become pregnant should know the importance of good nutrition throughout their pregnancy so their newborns can, and always, stay healthy. (Hawaii State Dept. of Health)

CLASSROOM CAFETERIA CAPERS

N/NE KPIJHS 1995

(Book) A project designed to better link the school food service staff with the classroom teachers. Nutrition education and making wise, healthy food choices are paramount for K-12 students. (Michigan Dept. of Education)

CLASSY CAFETERIA, THE

N/NE S 1982

(Book) To help you achieve the cafeteria manager's objectives, we have provided activities for achieving your objectives in a fun and stimulating manner. The activities have been written to make your teaching task easy. (South Carolina Department of Education)

CNN: ON THE MENU

N/GN S 1988

(Video, 30 min) A collection of eleven news reports on topics in nutrition: low fat desserts, menu ideas for citrus fruit, benefits of olive oil, producing leaner chicken, and others. (Guidance Associates)

COLD IS COOL! THE CARE AND HANDLING OF MILK IN SCHOOLS

O/SSWM S 1999

(A training kit with a 10-minute video and handbook) Hazard Analysis Critical Control Point (HACCP) guidelines are the basis for the training to ensure that milk in school stays cold from delivery through service. (National Dairy Council.)

COMMERCIAL KITCHENS

O/FE S 1989

(Book) Revised to cover the story of gas in the commercial kitchen for the designer, engineer, consultant, and kitchen equipment dealer as well as commercial sales personnel of gas companies. (American Gas Association)

COMMUNICATING NON-DEFENSIVELY: DON'T TAKE IT PERSONALLY!

CM/C H 1982

(Video, 22 min) When someone is attacking us, it's appropriate for us to defend ourselves, but many people become very defensive when there's no attack. Defensiveness is usually the result of low self-esteem and fear. (CRM Educational Films)

COMMUNICATION CONCEPTS: THE JOHARI WINDOW

CM/C HS 1979

(Filmstrip w/audio cassette) Demonstrates how we can more effectively work together and solve problems by sharing feedback and communicating with each other. (J.C. Penney Company Inc.)

COMMUNITY HEALTH EDUCATION

N/NE S 1989

(Book) This edition emphasizes state-of-the-art professional practice, with attention to current problems and examples from current programs. (Aspen Publication)

COMPLETE BOOK OF SANDWICHES FOR THE PROFESSIONAL CHEF, THE

O/FPS S 1983

(Book) Written in response to the gaining popularity of sandwiches, this book shows how they are an easy, low-cost way to generate new sales. (CBI Publishing Company)

COMPREHENSIVE CHILD NUTRITION

N/GN S 1991

(Video, 11 min) About 1 out of 4 children under the age of 12 in Pennsylvania is identified as being hungry or at risk of being hungry. Educating children about the nutrition needed to grow stronger is very important in schools today. (Pennsylvania Dept. of Education)

CONNECTICUT COOKS FOR KIDS

O/FPS HS 1996

(Book) This cookbook emphasizes foods from the five food groups and contains recipes that are prepared primarily for children to maintain a healthy weight and to continue making healthy food choices. (University of Connecticut)

CONVENIENCE AND FAST FOOD HANDBOOK**O/FPS S 1973**

(Book) Aims to weld together the numerous facets of new and exciting concepts of food preparations and automated service and to answer the many questions plaguing those in the field or about to enter it. (AVI Publishing Company)

COOK AND LEARN**N/NE H 1981**

(Book) A cookbook for you and your children to enjoy together. The recipes are for single portions, and they are all presented through pictures. The recipes make use of a variety of nutritious foods from various cultures. (Addison-Wesley Publishing Co.)

COOK'S HEALTHY HANDBOOK: GOOD NUTRITION AND SAFETY IN YOUR KITCHEN**N/O S 1993**

(Book) Explores the field of food and cooking from a new and timely viewpoint, that of health and nutrition. This manual is designed to help you learn basic cooking skills and techniques; purchase and cook nutritious, tasty, and safe foods. (John Wiley and Sons, Inc.)

COOKING A WORLD OF NEW TASTES**N/GN S 1997**

(Video) Four video segments plus introduction, recipes and resources. These culinary training videos are a cooking show for school foodservice personnel that promote healthy cooking techniques. The culinary video series explores new approaches to the production of healthy, tasty, and attractive foods for schools meals with an emphasis on developing culinary skills. Segments are: Cooking with Skills (24 minutes), Cooking with Moist Heat (20 minutes), Cooking with Dry Heat (18 minutes) and Food, Fun and Flair (15 minutes) (USDA, Team Nutrition)

COOKING FOR THE NEW GENERATION**O/FPS S 1997**

(Video, 19 min) Cooking New Generation foods according to manufacturers' instructions is important. Following recommended procedures can reduce the amount of fat absorbed during cooking and help implement the Dietary Guidelines for Americans. The instructions also help school employees maintain the quality of the food. Heating the food according to instructions is an important part of procedures necessary to protect children from food borne illnesses or food poisoning. (National Food Service Management)

COOKING FOR THE NEW GENERATION: STORING, COOKING, AND HOLDING THE NEW GENERATION FOODS**O/SSWM S 1997**

(Training kit) Food safety and sanitation bit designed to educate food service staff. Developed by the National Food Service Management Institute. Kit includes audiovisuals on food safety and preparing processed food products, teaching module covering manufacturer's instructions and holding methods for multiple ingredient foods, and 15 ten minute lessons concerning safety, food borne illness, and HACCP regulations. (National Food Service Management Institute)

COOKING SAFETY**O/SSWM HS 1978**

(Kit w/filmstrips and cassette) A cooking safety kit provided for students and foodservice employees to help develop safety awareness in parallel with the development of skill and to stimulate and inspire attitudes of safety. (The 2000 Company)

COOKING VEGETABLES**O/FPS S 19??**

(Video, 122 min) Shows food service employees the proper ways to cook, prepare, and store vegetables. Contains several parts and is very helpful for food handlers or school food services. (Alabama Learning Resources Library)

COOKING WITH KIDS**N/NE KPIS 1997**

(Packet of materials) This packet contains a manual on nutrition and foods with a variety of suggested activities, handouts, masters for duplication, and several brochures. Useful for anyone teaching the basics of nutrition to children in which hands on application is desired. (Developed by Nutrition Education Services of the Oregon Dairy Council.)

COOPERATIVE PURCHASING FOR CHILD NUTRITION PROGRAMS**O/P S 1999**

(Videotape 1 hour, 48 min and written material) satellite seminar addresses issues related to cooperative purchasing including types of purchasing cooperatives, forming a cooperative purchasing system, managing purchasing cooperatives, and maintaining communications within a purchasing cooperative. (National Food Service Management Institute)

COORDINATED SCHOOL HEALTH PROGRAM JOURNAL OF SCHOOL HEALTH TOPICAL PACKAGE**A/PD S 1998?**

(Journal articles, 444 pages) Collection of 42 journal articles based on research and data from 1987 to 1998. These articles relate to the topic of coordinated school health programs and provide comprehensive coverage concerning this topic. (Journal of School Health)

COPING WITH DIFFICULT PEOPLE**A/HR S 1981**

(Book) Difficult people are all over. The purpose of this book is to show you how to identify, understand, and cope with the difficult people who come into your life. (Academic Press)

COSTS ASSOCIATED WITH PROVIDING SCHOOL MEALS FOR CHILDREN WITH SPECIAL FOOD AND NUTRITION NEEDS

A/FMB S 1994

(Booklet, 162 pages) Report of a case study on 8 school districts. Purpose of study was to assess the number and types of special food and nutrition needs that exist in schools. Costs and labor time information was also part of the study. (An NFSMI publication.)

CREATIVE FOOD EXPERIENCES FOR CHILDREN

N/NE S 1974

(book) Focuses on all the different experiences in foods that children would enjoy while at the same time emphasizing what is healthy for them. (Center for Science in the Public Interest)

CREATIVE FOOD EXPERIENCES FOR CHILDREN, Rev. Ed

N/NE S 1980

(Book) Young children will learn to recognize the beneficial effects of eating wholesome foods through the study of nutrition and the vital role it plays in one's life. (Center for Science in the Public Interest)

CREATIVE TRAINING TECHNIQUES, 2nd edition

A/PD S 1994

(Book, 197 pages plus transparency masters) This book explores various aspects of training, including presentation preparation and techniques, visual aids, learner motivation, resource material, and customizing training. The author, Robert W. Pike, is known as a popular and sought after speaker in human resource development. Book is practical and useful for anyone who is involved in training. (Lakewood Publications, Minneapolis, MN.)

CREDIBILITY: HOW LEADERS GAIN AND LOSE IT, WHY PEOPLE DEMAND IT

A/HR S 1993

(Book) A personal, inspiring, genuine guide to helping us understand the fundamental importance of credibility for building personal and organizational success and for fostering trust within our work, family, and community. (Jossey-Bass Publishers)

CUISINE FOR KIDS

N/NE S 1997

(Student Manual 96 pages plus recipes) Celebrating Taste and Health in Schools and Child Care. This easy to read course contains information on recipe modification and food preparation techniques that enhance the nutrition level and overall health of children. Developed with Nutrition Education and Training funds by (California Dept. of Education, American Heart Association and California Culinary Academy.)

CULINARY DESIGN AND DECORATION

O/FPS S 1980

(Book) The basic principles of design remain constant no matter to which art or craft they apply. The same design rules are followed by the successful architect or landscape painter, the chef or the confectioner. (Van Nostrand Reinhold)

CULINARY NUTRITION FOR FOODSERVICE PROFESSIONALS

N/NE S 1989

(Book) Takes a practical and systemic approach in delivering the nutritional essentials to help foodservice professionals at all levels develop a philosophy about healthful eating, as well as providing the necessary guidelines for recipe adaptation and menu planning. (Van Nostrand Reinhold)

CULINARY TECHNIQUES FOR HEALTHY SCHOOL MEALS: INTRODUCTION TO PREPARING HEALTHY SCHOOL MEALS; PREPARING FRUITS; PREPARING COOKED VEGETABLES; PREPARING SALADS

O/FP S 1996

(Book w/2 videocassettes 63 min; one of four albums in series) *Culinary Techniques for Healthy School Meals* is a series of lessons designed to be presented by the school nutrition manager to the foodservice assistants. The focus is basic food production principles and culinary techniques. The goals are to provide foodservice assistants with basic knowledge about the principles of food preparation, to help foodservice assistants develop new culinary skills to improve the quality of meals at school, and to promote the implementation of the Dietary Guidelines for Americans in school nutrition programs. Cassette 1: **Introduction to Preparing Healthy School Meals**; and **Preparing Fruits**. Cassette 2: **Preparing Cooked Vegetables**; and **Preparing Salads**. (National Food Service Management Institute)

CULINARY TECHNIQUES FOR HEALTHY SCHOOL MEALS: PREPARING MEATS AND SAUCES

O/FP S 1996

(2 books w/video cassettes 66 min; one of four albums in series) This album includes basic culinary techniques, which are used to prepare meat and sauces. The techniques describe ways to prepare meat and sauces so that they have only a moderate amount of fat but plenty of flavor. Cassette 1: **Preparing Meat and Poultry**; **Preparing Processed Meat Products**. Cassette 2: **Preparing Meat Alternate Main Dishes**; **Preparing Sauces**. (National Food Service Management Institute)

CULINARY TECHNIQUES FOR HEALTHY SCHOOL MEALS: PREPARING BREADS, PASTA, RICE, GRAINS, AND CAKES

O/FP S 1996
(2 books w/video cassettes 68 min; one of four albums in series) Menus for school meals should provide students with a selection of breads, rice, and cereals. This album is about preparing breads, rice, pastas, and cereals, a few of the most popular foods served in any school cafeteria. Cassette 1: **Preparing Yeast Breads; Preparing Quick Breads.** Cassette 2: **Preparing Pasta, Rice, and Grains; Preparing Cakes.** (National Food Service Management Institute)

CULINARY TECHNIQUES FOR HEALTHY SCHOOL MEALS: SEASONINGS FOR HEALTHY SCHOOL MEALS

O/FP S 1996
(Book w/video cassette 40 min; one of four albums in series) Spices and herbs come from all over the world. Their history makes for exciting reading. This album shares some information about new and different seasonings. Exploring the exciting world of seasonings and how to use them affords food service assistants wonderful opportunities to express their creativity. (National Food Service Management Institute)

CUSTOMER SATISFACTION: THE OTHER HALF OF YOUR JOB

CM/CS S 1991
(Book) Introduces you to concepts of why customer satisfaction is important to you and your organization. (Crisp Publications, Inc.)

CUSTOMER SERVICE: PLACING THE STUDENT AT THE HEAD OF THE LINE

CM/CS S 1996
(Booklet, Conference Proceedings, 90 pages) Meyer, Mary Kay (ed.) Results of a conference held to share customer service strategies. Includes presentations from speakers in the hospitality and foodservice industries and the discussion of participants. (Report from National Food Service Management Institute.)

CUSTOMER SERVICE TUTORIAL

CM/CS HS 1999
(Booklet 32 pages) Written for employees to increase their knowledge and skills of customer services. Numerous examples provide information for dealing with different types of customers and solving customer service problems. (Elliott, Carson)

DAIRY DOES A BODY GOOD

(VHS Tape) 1989

DANGEROUS DIETING: THE WRONG WAY TO LOSE WEIGHT

N/NE JH 1983
(Video, 56 min) Examines many of the fraudulent, and often dangerous, weight loss schemes on the market today. It not only exposes many of the more popular fad diets. Offers some easy-to-follow guidelines to help evaluate present and future diets and diet programs. (Human Relations Media)

D.W., THE PICKY EATER

N/NE KPIS 1995
(Children's book) Brown, Marc. A book to read to young children, K-3rd grade about a picky eater who finds ways to avoid foods she doesn't like. Uses humor to illustrate how a child changes her picky eating habits. (Little Brown & Company)

DAVID MEINZ, M.S., R.D.

N/GN H 1991
(Video, 52 min) David Mainz, a nutritionist, talks about nutrition and the things you need to do to stay fit and talks about heart disease and how to prevent it from happening to you. (National Nutritional Services)

DECIDE TO SUCCEED: AN ORIENTATION FOR NEW MANAGERS

A/PD S 1995
(Workbook) Designed to provide information about roles and responsibilities of the school food service manager in Mississippi. New managers and returning managers can use this workbook to better understand and complete the procedures that are necessary for managing a successful Child Nutrition Program. (State of Mississippi/Department of Education)

DECIDE TO SUCCEED: WORKSHOP FOR SCHOOL NUTRITION PROGRAM MANAGERS

A/PD S 1998
(Manual w/3 videocassettes) Purposed to help managers understand the requirements of school nutrition programs. Provides up-to-date information on the best practices that can be used at local school sites. Videos are: 1. *The Big Picture*, 2. *What Would You Do?* 3. *Problems No One Told You About* and *Closing Statement*. (National Food Service Management Institute)

DEEP FAT FRYING

O/FE S 1984
(Video, 16 min) French-frying or deep fat frying techniques used in the food service industry. Deep fat frying can be a partial or a complete cooking process. (RMI Media Productions)

DEEP FAT FRYER

O/FE S 1991
(Video, 35 min) Instructs food service personnel on how to properly use, operate, and maintain the deep fat fryer. (Florida Department of Education)

DEFINING A NFSMI RESEARCH AGENDA

CM/RD

S

1996

(Booklet, 56 pages) Conklin, Martha T. Results from a Research Agenda Task Force convened to establish a research agenda for 1996-98. Process and results of the Task Force conference are part of the report. Report from (National Food Service Management Institute.)

DESIGN AND LAYOUT OF FOODSERVICE FACILITIES

O/FE

S

1988

(Book) Provides a reference for managers and owners who need to understand the process of designing or renovating a foodservice facility and for students in hotel, restaurant, and institutional management and in dietetics studies. (Van Nostrand Reinhold)

DESIGN MANUAL

O/FE

S

1996

(Manual) Provides up-to-date guidelines for designing or improving food service areas. Covers traffic flow considerations, efficient kitchen layouts, and essential equipment requirement. 105 pages. Produced by (Maryland State Department of Education, School Food and Nutrition Services.)

DETERMINING AND VERIFYING ELIGIBILITY IN THE NSLP/SBP

A/PM

S

19??

(Video, 52 min) Correctly determining, documenting, and verifying the eligibility of students receiving meal benefits fit together, like the pieces of a puzzle, into a system that is critical to an accountable school food service program. Mistakes can cost your school or school district money or deprive eligible students free or reduced price meal benefits they need. (US Department of Agriculture)

DIABETES AND FOOD: THE CHALLENGE OF CHOICES

N/SN

H

1990

(Video, 23 min) People with diabetes make choices every day: whether to eat that extra dessert, whether to exercise or not, or whether to test their blood glucose. How well they choose affects how well they live. (National Health Video)

DIET AND HEALTH

N/SN

H

1989

(Book) This study on diet, chronic diseases, and health was launched in an effort to address the scientific issues that are fundamental to nutrition policy on reducing the risk of these diseases. (National Academy Press)

DIET OBSESSION: MORE TIPS ON EATING HEALTHY

N/SN

IJH

1993

(Video, 25 min) Thirty-four million Americans are diagnosed as obese, and over a million and a half suffer from eating disorders. Hosted by Carolyn O'Neil, this report attempts to unravel the paradox of America's diet obsession. (CNN)

DIETARY GUIDELINES FOR AMERICANS

N/NE

IJHS

2001

(Teaching/learning kit with video having two versions; student version is 14 minutes and school food service staff version is 26 minutes; includes 58 page manual plus handouts and transparency masters) Focus of kit is the three major messages of the 2000 Dietary Guidelines. There are 10 lessons; each is designed to be taught in 30 minutes. The lessons contain in-class and take home activities, handouts and overhead transparency masters. Student materials are designed for grades 5-12. (National Food Service Management Institute)

DIETARY GUIDELINES CONFERENCE (92): PART 1

A/PP

JHS

1992

(Video, 36 min) Introduces the State Guidelines Conference on Nutrition. Eight states were invited to discuss the council, IFIC, the International Food Information Council. This committee is responsible for providing nutritional guidance for our nation's youth.

DIETARY GUIDELINES CONFERENCE (92): PART 2

C/CM

JHS

1992

(Video, 114 min) Individuals from each state are separated and yet combined with others from various states to create an internal marketing plan for school food services. Speaker Shelly Morrison talks about her special project that creates several opportunities for food services.

DIETARY GUIDELINES CONFERENCE (92): PART 3

A/PP

JHS

1992

(Video, 122 min) Speakers from eight different states give a 15-minute observation that they have experienced with their state food service.

DIETARY GUIDELINES CONFERENCE (92): PART 4

A/PP

JHS

1992

(Video, 66 min) Wraps up the 1992 conference with a session on USDA guidelines conducted by Patricia Daniels. Shirley Watkins and Virgil Conrad conclude the 1992 conference.

DINOSAUR STRAIN, THE: THE SURVIVOR'S GUIDE TO PERSONAL AND BUSINESS SUCCESS

A/PM S 1993

(Book) Steps you can take to ensure that you and your organization never become dinosaurs! (Innovation Centre Europe LTD)

DON'T GET BUGGED BY A FOODBORNE ILLNESS

O/SSWM S 1997

(Kit w/book) Program package includes: reproduction ready materials, game materials, a sample news release, poster, and flyer, end of activity evaluation. There are two versions of game materials: "Quiz Bowl" for single players and "Bingo" for groups. Both versions have directions, question/answer sheets, and a *Don't Get Bugged* letterhead. "Quiz Bowl," for school fairs, health fairs, etc., contains Quiz Bowl numbers, sign-up sheet, and tabletop poster. "Bingo" includes game cards. True/False questions teach recommended food safety practices. There are tips for customizing your own questions and holding a drawing for prizes. (University of Nebraska/Lincoln)

EAGAHBEDD

N/NE PI 1994

(Video, 13 min) Describes how breakfast is very important for children in the morning. Studies show that a good balanced breakfast helps children become more attentive in the classroom and in their studies. (National Dairy Council)

EAT FOR LIFE

N/GN H 1992

(Book) Finally, there is an authoritative and understandable book that makes sense of the competing headlines on the relationships between nutrition and health. This is the product of a consensus of top scientists under the direction of the prestigious Food and Nutrition Board of the National Academy of Sciences who combed through thousands of studies to determine what are healthy and not healthy ways of eating. (National Academy Press)

EAT TO LEARN, LEARN TO EAT: THE LINK BETWEEN NUTRITION AND LEARNING IN CHILDREN

N/GN HS 1993

(Book) Describes how the quality of nutrition before birth and in childhood affects children's ability to learn and function in later life. With that in mind, it is particularly alarming that hunger and poor nutrition are on the rise in the US. Whatever the exact cause of these trends among children, the consequences can be serious. (National Health/Education Consortium)

EATING DISORDERS

N/SN H 1988

(Book) Millions of people suffer from *anorexia nervosa*, sometimes called "the dieting disease," or *bulimia nervosa*, a disease of bingeing and purging. These disorders affect a person's thoughts and feelings as well as his or her body. Every case is unique, and every sufferer behaves differently. However, this book will help you to recognize and understand these disorders. (Lerner Publications Company)

EATING FOR ENDURANCE, Third Ed

N/NE S 1997

(Book) Ellen Coleman provides solid, concise information and offers advice based on her many years as a dietitian, endurance athlete, and sports nutrition columnist. By referring to actual competitive events and writing in a casual, friendly style, she brings accurate and scientific information to life. This completely revised edition includes new recommendations on carbohydrates intake, fluid replacement, vitamin and mineral supplements, and sports nutrition fads. (Bull Publishing)

EATING HEALTHY FOR KIDS

N/NE S 1992 (?)

(Video, 21 minutes) Nutrition research, USDA's Food Guide Pyramid and other guidance on helping children eat healthy are presented in the video. A registered dietitian looks at ways to encourage children to practice good nutrition habits. Includes teaching kids how to shop, dining out with the kids, kids cooking for themselves, weight and cholesterol control for kids. (CNN)

EATING HEALTHY FOR LIFE

N/GN JH 1990

(Video, 23 min) CNN's registered dietitian, Carolyn O'Neil, narrates this informative program that features the best of good nutrition and fitness. Join O'Neil on a nationwide nutrition trip through a 24-hour day where healthy foods never looked so good and eating right never sounded so easy. Visit creative chefs as they cook up healthy gourmet foods and learn from people whose lives are changed through good nutrition and fitness. (CNN)

EATING ON THE RUN

N/GN HS 1992

(Book) A survival guide for everyone who is too busy to cook and eat traditional meals, this book is used to develop healthy, practical eating habits that fit your hectic lifestyle. (Leisure Books)

EATING THE ALPHABET

N/NE KPIS 1989

(Children's book) Author uses bright watercolors to introduce young readers to a wide variety of fruits and vegetables from A to Z. Includes common and less familiar fruits and vegetables. Glossary at the end offers information about each fruit and vegetable in the book. (Red Wagon)

EATING WITH YOUR HEART IN MIND

N/NE PI 1992

(Booklet) Provides a fun and exciting way for children ages 7-10 to learn about nutrition and cholesterol and to build a balanced diet. (US Dept. of Health and Human Services)

EDUCATION FOR SELF-RESPONSIBILITY IV: NUTRITION EDUCATION, PRE-KINDERGARTEN THROUGH GRADE 12

N/NE KPIJHS 1992

(Curriculum guide) Dedicated to improving the nutritional status of children and adolescents as well as inspiring lifetime habits of healthy eating. (Curriculum Center, Texas Education Agency, Austin, Texas)

EFFECTIVE COMMUNICATION FOR TODAY'S MANAGER

CM/C HS 1974

(Book) Attempts to deal with and apply the theory and techniques of human communication to the special needs and problems of a manager. (Chain Store Publishing)

EFFECTIVE FINANCIAL MANAGEMENT PRACTICES

A/FMB S 2000

(Video, 120 min) NFSMI (National Food Service management Institute) teleconference highlights financial management practices of Child Nutrition Programs in medium and large school districts. Directors will gain an understanding of how to manage and meet financial goals while maintaining the nutritional integrity of their programs. 2-hour videotape. No written materials. January 2001

EFFECTIVE PRESENTATION SKILLS

A/HR S 1987

(Book) This book provides some theory but more often presents simple and practical suggestions on how to give more effective presentations. (Crisp Publications, Inc.)

ELEGANT AND EASY: DECORATIVE IDEAS FOR FOOD PRESENTATION

O/FPS HS 1983

(Book) Today, food decoration is different. For economical reasons and due to the desire for fresh foods, antiquated decorating methods are disregarded for the most part. Quality, good preparations, and final artistic touches that are simple, effective, economical, and speedy are the order of the day. (Van Nostrand Reinhold)

ELEMENTS OF EFFECTIVE FINANCIAL MANAGEMENT

A/FMB S 2002

(Video, 60 minutes) A satellite seminar from the NFSMI (National Food Service Management Institute). This teleconference focuses on how food service directors manage financial data. Panelists identify critical indicators for determining the effectiveness of both large and small school food service programs. 2-hour videotape (1 hour is the presentation; 1 hour is the call-in portion). No accompanying written materials. May 2002

ENCYCLOPEDIA OF FOOD VALUES, THE

N/NE S 1992

(Book) Presents the latest information available about the widest possible variety of foods, from antelope and anchovies to ziti and Zante currant, including all of your favorite brand name and fast foods. (Dell Publishing)

ENERGY CHOICES

N/NE JH 1993

(Book) An interdisciplinary nutrition curriculum that uses core subjects to focus on total food energy needs and the energy nutrients in foods. This unit will address food habits that can lead to a healthier life since we know the habits developed in childhood contribute to the outcome of a healthy or unhealthy body. (Pennsylvania Dept. of Education)

ENHANCING PRODUCTIVITY IN SCHOOL FOODSERVICE, PART I

O/FP S 1996

(Kit w/video cassette 57 min) By receiving a set of principles and evaluation methods for increasing productivity and observing demonstrations, viewers of this program will have an opportunity to learn how to perform quality work with greater efficiency; increase productivity as part of a plan to improve program quality; apply productivity principles for saving time, energy, and money; identify less productive work methods or areas that can be altered; and look for new ways to increase efficiency and program effectiveness. (National Food Service Management)

ENHANCING PRODUCTIVITY IN SCHOOL FOODSERVICE, PART II

O/FP S 1996

(Kit w/video cassette 60 min) By receiving a set of principles and evaluation methods for increasing productivity, and observing demonstrations, viewers of this program will have an opportunity to learn how to perform quality work with greater efficiency; increase productivity as part of a plan to improve program quality; apply productivity principles for saving time, energy, and money; identify less productive work methods or areas that can be altered; and look for new ways to increase efficiency and program effectiveness. (National Food Service Management Institute)

EQUIPMENT EFFICIENCY FOR HEALTHY SCHOOL MEALS

O/FE S 1997

(Video, 60 min) Food service equipment can make a difference. It affects the nutritional value of prepared food and how it tastes. As equipment makes work easier, better work should result. (National Food Service Management Institute)

EVERYBODY BAKES BREAD

N/NE KPIS 1996

(Children's book) A book focusing on multicultural awareness for reading to pre-school and elementary age children or for older children to read. The book is about a young girl named Carrie who visits all her neighbors while they are making bread. Carrie's neighbors are from several different cultural backgrounds and make a variety of types of bread. An excellent book to teach multicultural awareness through food. Seven bread recipes included for each of the seven types of bread the neighbors make. (Lerner Publishing Group)

EVERDAY LOTS OF WAYS: AN INTERDISCIPLINARY NUTRITION CURRICULUM FOR KINDERGARTEN THROUGH SIXTH GRADE

N/NE KPI 1996

(Manual, 307 pages) Curriculum guide designed for teachers to educate children grades K-6 about nutrition concepts. Learning modules are divided into 3 sections:

K-1 emphasizes eating five fruits and vegetables a day

2-3 focuses on the Food Guide Pyramid

4-6 discusses the energy content of various foods and how it relates to the body.

FAST FOOD: WHAT'S IN IT FOR YOU?

N/NE JH 19??

(Video, 17 min) This entertaining story reveals the high fat, sugar, and calorie levels in many fast foods; why they pose a serious problem for young people; and how to select better fast food and a more healthful diet overall. Like nearly all young people, Alex (age 11) and his sister Karen (age 16) worry about their appearance. In this tongue-in-cheek story, they discover the connection between the foods they eat and a healthy body. A surprising number of young people have arteries already beginning to clog. Alex and Karen learn which foods are high in saturated fat, cholesterol, and sugars and how to make better choices at their fast food hangout as well as at home. Live action with computer graphics and rap music. (Churchill Films)

FAST SANDWICH MAKING

O/FP S 19??

(Video, 10 min) In any job, efficiency depends upon good preparation. This means having all your ingredients ready ahead of time and organizing your work areas for maximum ease and preparation. (National Education Media, Inc.)

FAT CHANCE IN A THIN WORLD

N/SN HS 1983

(Video, 60 min) Explodes many of the popular myths surrounding weight loss and gain with human stories of triumph and frustration. Find out why 95% of all diets fail. It's a special program that will surprise, intrigue, and amaze you . . . and help you make better decisions in your own life. (WGBH Radio, Boston, Mass.)

FEEDING CHILDREN WELL: A PYRAMID FOR PRESCHOOLERS

N/GN S 1995

(Video, 17 min) Addresses two of NET's priority target audiences: child care providers and school food service personnel. This video incorporates current nutrition research and USDA's Food Guide Pyramid, commonly accepted principles of early childhood development, into one memorable training film. Childcare providers and parents have reviewed the video and enjoyed it. Texas NET used it in statewide workshop training for day home sponsors and child care providers. (Texas Nutrition Education)

FIELDS OF GOLD: WHEAT - LESSONS FOR GROWING KIDS

N/NE KS 2000

(Learning Kit) Teaching learning kit for pre-school children focused on wheat and the role of wheat in the diet. Emphasizes the Food Guide Pyramid. Includes 5 lesson plans, reproducible materials for classroom activities, bulletin board ideas, posters, and a children's cookbook. (Kansas Wheat Commission)

FIFTY-TWO CAFETERIA PROMOTIONS THAT REALLY WORK

CM/M S 1988

(Book) An in-depth study of the planning and utilization of promotions in cafeteria foodservice operations designed for food service professionals in the noncommercial cafeteria business, hospitals, colleges, schools, and corporations as well as professionals in commercial operations who want to improve results in well-run facilities. (Aspen Publication)

FIRST CHOICE: PURCHASING SYSTEM MANUAL FOR SCHOOL FOOD SERVICE

O/P S 1995

(Manual, 60 pages) A user friendly, practice based purchasing manual for those in the public sector. The 207-page manual was developed under contract with the National Food Service Management Institute and is presented in four parts. This comprehensive manual uses practice (a series of dialogues that mirrors current practice), information (history, experience, and the opinions of other authors and peers), summaries (a brief review of the material presented in each chapter), and tools (ready-made forms which can be copied to save time) to help the user refine, and improve the procurement process. This manual is a useful tool for all who are involved in the school food service procurement process. (National Food Service Management Institute)

FIRST DAY... EVERY DAY: BASIC FOR FOOD SERVICE ASSISTANTS, Part I

O/FPS S 1997

(60-minute videotape and written material) National Food Service Management Institute satellite seminar presentation on topics to help food service assistants perform their jobs safely and efficiently. Topics include personal and professional development, food safety and sanitation, HACCP process and accident prevention. (National Food Service Management Institute)

FIRST DAY... EVERY DAY: BASIC FOR FOOD SERVICE ASSISTANTS, Part II

O/FPS S 1998

(60-minute videotape and written material) National Food Service Management Institute satellite seminar designed to help food service assistant perform their jobs safely and efficiently. Topics include weights and measures, portion control, production schedules, recipe adjustment, and equipment safety. (National Food Service Management Institute)

FIRST TIME SUPERVISOR'S SURVIVAL GUIDE, THE

A/HR S 1995

(Book) Helping you quickly overcome the many supervisory problems you will encounter in your new role as a boss, this book focuses on providing easy-to-use advice that will make your job as a boss a lot less difficult. (Prentice-Hall, Inc.)

FIT FOR A KING: THE SMART KID'S GUIDE TO FOOD AND FUN

N/NE PLJ 1998

(Video, 9 minutes) Nutrition program designed for children ages 8-11 and parents to understand the role of nutrition and physical activity in a healthy lifestyle. The educational kit included a 9-minute video set up in fairy tale village, leader's guide, activity sheets, brochures, and food guide pyramid poster. Best utilized by health professionals such as physicians, nurses, dietitians, extension service staff, and teachers. (National Cattleman's Beef Association)

THE FIT KID CONNECTION

N/NE JH 1998

(6-session video; total time 60 minutes; sessions vary from 5-13 minutes). A 6-part upbeat nutrition education program designed for grades 7-12. Focus is on helping students learn to make healthy food choices that fit their lifestyles. Titles of six sessions are: 1) What is a Fit Kid? 2) Shop Smart, 3) Smart Eating on the Run, 4) Smart Moves, 5) Getting the Competitive Edge, and 6) How to Become a Fit Kid (Ohio Nutrition Education and Training Program)

FIT TO BE

N/NE KPI 1989

(Video, 15 min) Michael, a small boy who has an appetite for junk food, is always lying around doing nothing. With the help of a very special friend, let's find out the changes that occurred in Michael's diet. (Kellogg Company)

FIVE/5 A DAY

N/GN KPI 1993

(Video, 5 min) Describes ways to increase our servings of fruits and vegetables at breakfast, lunch, dinner, desserts, or for snacks. (Pennsylvania Dept. of Education)

FIVE/5 A DAY WEEK HANDBOOK

N/GN S 1994

(Book) 5 A Day's mission is to increase consumption of fruits and vegetables to five or more servings a day to improve the health of Americans through a partnership among the health community, government, and the fruit and vegetables industry. (Produce for Better Health Foundation)

FLUNKING LUNCH: THE NEED FOR LOW-FAT FOODS

N/NS JHS 19??

(Video) Television stations do reports on various school cafeterias and the school lunches they provide which aren't healthy for students. (The 2000 Company)

FOOD AND CULTURE IN AMERICA

N/NE HS 1989

(Book) Helps prepare students and professionals to work with the full range of cultures in the US by examining *what* different cultural groups eat as well as *why* they eat the way they do. (Van Nostrand Reinhold)

FOOD AND GROWTH, 2nd Ed

N/GN IJ 19??

(Video, 12 min) Introduces the concept that growth of a child occurs by cell division and that food reaching the cell is necessary for cell growth and division. Details the process of digestion, showing how food is digested in the mouth, stomach, and intestines. Explains how food is transported from the intestines for storage in the liver or directly to the cells if the body is helping us to grow by cell growth and division. (Churchill Films)

FOOD AND ME

N/NE S 1995

(Book) A nutrition education program to improve the health of children by empowering them to choose a variety of foods, eat more grains, vegetables and fruits, and also to construct a diet lower in fat. (US Department of Agriculture)

FOOD AND NUTRITION**N/NE/SN****S****1986**

(Teacher's guide w/books) The Janus Food and Nutrition program was developed to help special-needs students learn the basic concepts and skills they need in order to function successfully in a home economics cooking lab, on a job, or at home. (Janus Books)

FOOD FOR FIFTY, Tenth Ed**O/FPS****S****1997**

(Book) Designed for use as a text by students in quantity food production and as a reference for people in foodservice management. (Prentice-Hall, Inc.)

FOOD FOR SPORT**N/SN****JHS****1989**

(Book) Food: what it is, what it does, how it can be chosen selectively to maximize physical performance. The knowledge of nutrition and exercise physiology has reached a level where certain dietary recommendations can be made specifically for particular needs of athletes. (Bull Publishing)

FOOD GUIDE PYRAMID, THE**N/NE****H****1993**

(Video, 14 min) A nutritional education tool. The pyramid design was chosen to visually emphasize low fat food choices. (National Health Video)

FOOD HANDLER'S SANITATION INTERACTIVE, THE**O/SSWM****S****19??**

(CD-ROM) Of the three types of food contamination (chemical, physical, and biological), the most common cause of food borne illness is related to biological contaminants. Food infection and food intoxication are the two types of food borne illnesses related to bacteria. This program will help you become more knowledgeable about the general concepts of food safety that will enable you to prevent food borne illness in your eating establishment. (Horizon 2000)

FOOD IDENTIFICATIONS AND STANDARDS**O/FPS****S****1992**

(Book) Volume X presents, verbatim, Federal specifications, definitions, and standards for a wide range of important foods. (US Department of Agriculture)

FOOD OILS AND THEIR USES, 2nd Ed**O/FP****S****1983**

(Book) Provides abridged, technical information on fat and oil products and their uses. (AVI Publishing Company)

FOOD PURCHASING I: GENERAL PRINCIPLES**A/FMB****S****19??**

(Video 14 min) A successful food service operation, whether it is run for profit or part of a non-profit organization, must maintain effective cost and quality control. (National Education Media, Inc.)

FOOD PURCHASING II**O/P****S****19??**

(Video, 14 min) When purchasing food items from wholesalers or a farmers' market, you must really know what you're buying. Buyers should purchase the best products available and at reasonable prices. (National Education Media, Inc.)

FOOD PYRAMID BINGO**N/NE****PLJHS****1996**

(Game) Nutrition Education tool formatted after the traditional bingo game. Laminated bingo cards pictured with serving sizes of various foods from each group of the food guide pyramid allow instructor to teach players about good nutrition as foods are called out. The food guide pyramid is displayed at the top of each bingo card along with bright colors representing each major food group. (Stefancin RD, Kathleen).

FOOD QUALITY: MAKING THE GRADE IN CHILD NUTRITION, PART 2**O/FPS****HS****1999**

(Video, 60 minutes) The NFSMI (National Food Service Management Institute) seminar continues the discussion of student-focused programs. Topics include food preparation principles, food presentation, and marketing techniques. Written materials to accompany tape.

FOOD RECOVERY**O/FDC****HS****1999**

(Video, 6.5 minutes) A report from the Office of School Food Services in Clarendon 2 School District in South Carolina on a grant received from USDA to develop a creative food recovery program to ensure that excess food is not wasted, but directed to those in need. Clarendon 2 was one of 12 districts in the nation to receive a grant for work on food recovery. (Clarendon 2 School District, School Food Service)

FOOD RISKS AND CONTROVERSIES

N/NE H 1993

(Book) Shows and explains the risks of eating food that we consider *lite* or having *all natural* ingredients or containing no preservatives. We still need to be concerned about adding pounds or increasing calorie intake. (Millbrook Press)

FOOD SAFETY IS NO MYSTERY

O/SSWM S 1989

(Video, 58 min) Module 1 will help you teach your staff about two essential elements: sanitation and personal hygiene in food safety. Module 2 will provide your staff with a working knowledge of time and temperature in safe food preparation. Module 3 introduces the concept of cross contamination to your staff and recommends ways to prevent it from occurring in your operation. Module 4 introduces safe cooling and reheating, also the proper time and temperature used to prevent contamination and food borne illnesses. (South Carolina ETV)

FOOD SAFETY: IT'S IN YOUR HANDS

O/SSWM S 1999

(2-hour videotape and written material) National Food Service Management Institute satellite seminar provides an opportunity for school food and nutrition program staff to learn more about food safety issues and the prevention of food borne illnesses. (National Food Service Management Institute)

FOOD SERVICE OPERATIONS: PLANNING AND CONTROL

A/PPS S 1984

(Book) Designed principally for use in courses concerned with food, beverages, and payroll control. Materials have been included, too, to give it a good fit with a managerial accounting course elsewhere in the curriculum or to permit the instructor to develop an introductory unit on managerial accounting as a part of the course. (John Wiley and Sons, Inc.)

FOOD TIME KITS (GRADES 1 AND 2)

N/NE P 1995

(Kit with audio and videotape) Activity-based, nutrition education program. Goal of material is to improve the health of children by empowering them to a) eat a variety of foods, b) eat more grains, vegetables, and fruits, c) eat lower fat foods more often, and d) be physically active. Material in the kit designed to assist teacher teach the basics of healthy eating in a lively way that engages students and takes the message beyond the classroom to the school cafeteria and into students' homes. Kit includes: ▲ Team Nutrition Teacher's Guide ▲ Team Nutrition Teacher's Handbook ▲ Spanish Language Materials ▲ Set of 30 Student Magazines ▲ Team Nutrition Booklet of Family Newsletters ▲ Booklet of Reproducible Student Worksheets ▲ Poster (with reproducible parent pages on back) ▲ Video ▲ Audio Tape. Developed by Scholastic, Inc. in cooperation with USDA's Team Nutrition (1995).

FOOD WORKS

N/NE PIJ 1995

(Video, 16 min) Hosts Noah and Zelda, two student reporters, introduce children to the message of healthy eating. Three main sections highlight activities children will be encouraged to recreate in lessons. The first documents chefs visiting a school cafeteria and preparing foods for kids. The second features Zelda choosing foods at a green market. The third finds the two reporters at a mall talking to people about the Food Guide Pyramid. (Settlemyer Company, Inc.)

FOOD WORKS KITS (Grades 3-5)

N/NE PI 1995

(Kit with audio and videotape) Activity based, nutrition education program. Goal of material is to improve the health of children by empowering them to a) eat a variety of foods, b) eat more grains, vegetables, and fruits, c) eat lower fat foods more often, and d) be physically active. Material in the kit designed to assist teacher teach the basics of healthy eating in a lively way that engages students and takes the message beyond the classroom to the school cafeteria and into students' homes. Kit includes: ▲ Team Nutrition Teacher's Guide ▲ Team Nutrition Teacher's Handbook ▲ Spanish Language Materials ▲ Set of 30 Student Magazines ▲ Team Nutrition Booklet of Family Newsletters ▲ Booklet of Reproducible Student Worksheets ▲ Poster (with reproducible parent pages on back) ▲ Video ▲ Audio Tape. Developed by Scholastic, Inc. in cooperation with USDA's Team Nutrition (1995).

FOOD, FAMILY, AND FUN

CM/PR HS 1996

(Book) Team Nutrition's mission in this book is to improve the health and education of children by creating innovative public and private partnerships that promote food choices for a healthful diet through the media, schools, families, and the community. (US Department of Agriculture)

FOODSERVICE FACILITIES PLANNING, Second Ed

O/FE S 1983

(Book) The planning of foodservice facilities is usually a continuous process for those individuals and organizations engaged in the foodservice industry. The foodservice industry has experienced tremendous growth and change in the last few years, which have created a need for foodservice facilities capable of providing the variety of meals prepared by different preparation techniques that will satisfy the changing desires of customers. (AVI Publishing Company)

FOODSERVICE IN INSTITUTIONS, Sixth Ed

A/O S 1988

(Book) Foodservice organizations in operations in the US today have become an accepted way of life and we tend to regard them as relatively recent innovations. This book discusses the many foodservice operations in numerous institutions. (MacMillan Films, Inc.)

FOODSERVICE PLANNING: LAYOUT AND EQUIPMENT, Third Ed**O/FE S 1985**

(**Book**) Food facility planning begins with consideration of the needs, tastes, and characteristics of those who are to be served. The nutritional welfare of the consumer, in most instances, is the goal of major significance. (MacMillan Films, Inc.)

FRAGILE FOUNDATION, A: THE STATE OF DEVELOPMENT ASSETS AMONG AMERICAN YOUTH**A/PD S 1999**

(**Book, 185 pages**) This report provides an extensive characterization of American youth based on data from a survey "Search Institute Profiles of Student Life: Attitudes and Behaviors" that measured 40 developmental assets of 100,000 youth, grades 6-12. This report analyzes and interprets data collected and includes text, figures, and tables that offer details about patterns and differences seen from the data. (Search Institute, Minneapolis, MN)

FREEDOM FROM FAT**N/GN JH 1987**

(**Video, 9 min**) Today, people eat a lot more fat than they think. When you eat fat, you're getting twice as many calories as you would from the same quantity of protein or carbohydrates. This video talks about all the good things people eat and love and the amount of fat it contain. (Dept. Health Ed/Promotion-Oregon)

FRESH FRUIT AND VEGETABLE PHOTO CARDS**N/NE KPIJHS 1997**

(**Photo cards, 200**) Approximately 200 bright and colorful photo cards developed by the California Department of Education through the NET program. Each card is 9 by 9 ½ inches and has an in-color photo of one fruit or vegetable on the front of the card and complete nutrition information on the fruit or vegetable on the back. Excellent teaching and/or presentation resource. (California Department of Education)

FRESH IDEAS FOR SCHOOLS**N/NE S 19??**

(**80 slides w/audio cassette and script**) Introduces fresh fruit and vegetables as an idea for schools to provide for students so they can enjoy something simple, but nutritious, and also good for lunch. (United Fresh Fruit and Vegetable Association)

FUELED FOR FLIGHT**N/NE IJS 1998**

(**Booklet, 19 pages; video, 20min**) This supplemental education kit is designed to help fifth and sixth grade students learn math and science skills using the space shuttle as the theme.

FUN WITH FOODELLA**N/NE KPI 1996**

(**Booklet, w/teacher's guide**) A teacher's guide that provides the objectives and directions for each unit of the *Fun with Foodella Workbook*. Additional ideas/activities for each unit are provided to further enhance and reinforce the student's learning. (South Dakota Dept. of Education)

GARNISHING AND DECORATION**O/FPS HS 1986**

(**Book**) Rudolf Biller presents a wealth of classic and modern means of garnishing and decorating food for attractive presentation. Meat and cheese, fruit and vegetables, main dishes and hors d'oeuvres, sweets or Savouries: they all become a feast for the eye. (Virtue Books)

GATOR GALLEY: GRAND OPENING**N/NE JHS 1993**

(**Video, 5 min**) Shows television news broadcasts of the Gator Galley at Davidsonville Elementary School in Baltimore, Maryland. A substitution for the regular cafeteria, it provides more choices for students and healthier school meals. (Davidsonville Elementary School, Baltimore, MD)

GET MOVING, GET EATING, GET FIT**N/NE JH 1988**

(**Video, 8 min**) Kids are just as much in danger of being out of shape as adults are. The four basic food groups are very important in order for a child to stay in good health with a little exercise about three times a week. (National Dairy Council)

GET READY, GET SET, GO FOR QUALITY SERVICE**O/FP S 1996**

(**Kit w/video, 14 minutes, and book**) This Breakfast Lunch Training module, including a handbook and video, is designed for school food service managers to use in employee training. The video cassette explores the concept of Value Added Productivity to increase the viewers' understanding and to build the spirit of teamwork, which is necessary for the success of the Get Ready, Get Set, Go For Quality Service process. (National Food Service Management)

GETTING A HEAD START WITH 5 A DAY FUN KIT**N/NE S 1996**

(**Kit with 60-minute video**) Activities, materials, and resources designed to encourage young children and their families to eat more fruits and vegetables. Includes a 60-minute video in two parts—one for anyone who works with preschool children and another for teacher training. With this kit you can begin a 5 A Day promotion in your program. Developed by the (Montana Department of Public Health and Human Services.)

GETTING STARTED

N/NE	PLJ	1997
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(Book) Children learn to plant gardens at school and learn about science, nutrition, art, math, and more. (Life Lab Science Program)

GO FOR FIVE: OFFER VERSUS SERVE

O/FPS	PLJH	1986
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(Video, 18 min) More and more, students are really excited about lunch in school. Today, many students have a choice on what they would like to eat. The provision, Offer versus Serve, allows the student to take 3, 4, or 5 food items from the five required food items. (South Carolina ETV)

GO FOR HEALTH-5: BREAKING THROUGH BARRIERS-HEALTH TREK

O/FPS	S	1985
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(Book) For food service directors and cooks. Presents ways to lower total fat, saturated fats, and sodium in school meals. (University of Texas)

GO, GLOW, GROW: FOODS FOR YOU

N/NE	S	1996
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(Booklet, 22 pages) Colorful, interactive nutrition activity booklet for three and four year-olds. Focuses on the Food Guide Pyramid and eating a variety of foods. Parents, teachers, and caretakers can use it to introduce or reinforce nutrition messages for children. (USDA Food and Consumer Service Program Aid No. 1554.)

GOOD FOOD DINER, THE

N/NE	IJ	1992
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(Video, 14 min) Young children organize a group that stresses proper eating habits and talks about the right foods to eat and how much to eat. (National Health Video)

GOOD TIMES CAFE: GRAND OPENING

A/PPH	H	1994
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(Video, 18 min) This cafe is designed to provide youngsters with more choices in the lunch line. School officials say when kids eat better, they're more active, make fewer mistakes, and make higher scores on test. (Fallsmead Elementary School, Rockville, MD)

GRAINS OF TRUTH ABOUT: BAGELS . . . (and 32 other items)

O/FPS	HS	1996
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(Book) This tiny book provides information about all types of grains and how to prepare, store, and cook them: Bagels, Baking Terms and Ingredients, Bread Machines, Bulgar, Cakes, Carbohydrates, Cereals, Commercial Breads, Couscous, Crackers, English Muffins, Fiber, Gluten Intolerance and Wheat Allergies, Low-Fat Pasta Toppings, Muffins, Nutrition, Nutrition for Athletes, Oriental Noodles, Pancakes, Pasta, Pasta Makers, Pastry, Pita Bread, Sandwiches, Scones, Sourdough, Tortillas, Vegetarian Diets, Wheat Flour, Wheat Kernels, Wheat Production and Consumption, Yeast Breads. (Wheat Food Council)

GRASSROOTS LEADERS FOR A NEW ECONOMY

A/PD	S	1997
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(Book) Explains the unique leadership qualities that set civic entrepreneurs apart, and illustrates how these leaders can emerge from all levels of private, public, social, and civic organizations. The book shows how civic entrepreneurs forge powerfully productive linkages at the intersection of business, government, education, and community, and it demonstrates how they operate at the grassroots level to create "collaborative advantages" that make it possible for their economic communities to compete on the global stage. (Jossey-Bass Publishers)

GREAT BEGINNINGS: NUTRITION CURRICULUM FOR PREGNANT AND PARENTING TEENS

N/NE	JH	1993
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(Video, 17 min) The percent of young women giving birth to babies during their teenage years is increasing throughout the country. Nutrition is one of the aspects that you can actually go in, give informal or formal type education, and see some type of improved results at the other end. (US Department of Agriculture)

ROUNDS TO GRITS: NUTRITION/AGRICULTURE CURRICULUM GUIDE

N/NE	H	1982
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(Book) A student activity oriented program designed to give the students experience in activities that will help them understand concepts concerning the relationship between science, agriculture, and their nutritional needs. The guide is divided into six units, each answering a question important to the nutritional needs of their body. (South Carolina Department of Education)

GUIDE FOR PURCHASING FOODSERVICE EQUIPMENT, A

O/FE	S	1998
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(Manual, 304 pages) Decision-making process and critical pathway approach to purchasing conventional foodservice production equipment is presented. Addresses issues related to new construction, renovation and replacements. (National Food Service Management Institute)

GUIDE TO GOOD FOOD

N/NE JH 1996

(**Book w/binder**) A comprehensive text concerned with the nutrient value, appetite appeal, social significance, and cultural aspects of food. Besides the student text, the package includes the Teacher's Annotated Edition, transparencies, Teacher's Resource Binder. Using these products can help you develop an effective food and nutritional program tailored to your students' unique needs. (Goodheart-Willcox Company, Inc.)

GUIDE TO GROUND BEEF, THE

O/FPS S 1994

(**Kit w/video cassette 17 min**) Developed by the Beef Industry Council in cooperation with a task force of industry and government experts, program provides up-to-date information on ground beef products. (Beef Industry Council)

A GUIDE TO TEAM NUTRITION

N/NE S 2000

(Presentation tool kit) Promotes the national USDA Team Nutrition program and its resource materials. Designed to help school foodservice employees, school decision makers and community members understand the objectives and benefits of a Team Nutrition School Program. Includes PowerPoint presentation, overhead transparencies, and user's guide covering the history, purpose, and resources of Team Nutrition. (USDA)

GUIDELINES FOR SCHOOL HEALTH PROGRAMS TO PROMOTE LIFELONG HEALTHY EATING

A/PD S 1996

(**Book**) The recommendations in this report are intended to help personnel and policymakers at the school, district, state, and national levels meet the national health objectives and education goals by implementing school-based nutrition education policies and programs. (Centers for Disease Control/Prevention)

HACCP FOOD SAFETY MANUAL, THE

O/SSWM HS 1995

(**Book**) HACCP (Hazard Analysis Critical Control Points) is a logical, practical, low-cost, and commonsense approach to achieving food safety through anticipation and prevention of hazards. Using it prevents food borne illness, makes life easier, improves results of health inspections, and enhances guest satisfaction. To make HACCP work, three things must happen: 1. Focus on the critical hazards in your foodservice operation. 2. Take HACCP down to the simplest level so it is understandable to the food handler. 3. Make HACCP a part of the operation. (John Wiley and Sons, Inc.)

HEALTHIER FUTURE, A

N/NE S 1996

(**Workbook**) Home-study program for childcare sponsors and providers. Developed through Nutrition Education and Training Program funds by Washington State. The program consists of five lessons designed to provide basic knowledge and skills to implement the Dietary Guidelines in child care settings. 155 pages. (NET, Washington State)

HEALTHY CHOICES FOR KIDS

IJ KPI 1994

(**Book w/booklets and posters**) A nutrition education program available nationwide which provides daily activities in class on nutrition and suggests such projects as visiting the grocery store, keeping a food diary, and learning table manners. (Washington Apple Commission)

HEALTHY COOKING FOR KIDS

N/NE S 1995

(**Video, 30 min**) Millions of students in our country rely on school lunch programs. For a typical student, it is important to have a diet low in fat and low in sugar. (National Food Service Management Institute)

HEALTHY EDGE 2000, PARTICIPANTS MANUAL

N/NE S 1998

(**10 lesson manual, 161 pages**) Healthy Edge 2000 is a tool for school food service personnel to help assess their current program, make necessary changes and prepare for the many challenges and opportunities the new millennium brings. The 10-lesson/10 hour course helps satisfy certification requirements of the American School Food Service Association (ASFSA). Lessons are design to focus on providing healthy, appealing meals and nutrition education programs that satisfy the dietary needs and food preferences of children. Additional manuals may be obtained from ASFSA. (American School Food Service Association)

HEALTHY EDGE 2000, TRAINER GUIDE

N/NE S 1998

(**A training guide to teach Healthy Edge, 200+ pages.**) This guide was written to assist those who have been trained to teach *Healthy Edge 2000*. The American School Food Service Association requires that only trained persons offer this course. Materials, including transparency masters and learning activities are provided for each of the ten lessons. (American School Food Service Association)

HEALTHY E.D.G.E. IN SCHOOL, THE: EATING, THE DIETARY GUIDELINES, AND EDUCATION

N/NE HS 1991

(**Video only 13 min**) Healthy food choices are important in every meal; at home, in restaurants, or wherever. Nutritional awareness is an essential part of this program. (American School Food Service Association)

HEALTHY E.D.G.E. IN SCHOOL, THE: EATING, THE DIETARY GUIDELINES, AND EDUCATION

A/PS S 1992

(Book, video, 4 mini-manuals) The 10-hour course consists of five 2-hour lessons. It is designed to provide the school food service professional with basic knowledge and skills to implement the dietary guidelines in child nutrition programs utilizing a total team approach. (American School Food Service Association)

HEALTHY HABITS FOR EARLY LEARNERS

N/NE KPI 1997

(Audio tape of 25minutes and booklet) Fun activities and songs to teach nutrition and reinforce positive attitudes for children in making healthy food choices. (Jordan Music Productions Inc.)

HEALTHY SNACKS

N/NE KPI 1994

(Book) More than 90 new recipes designed to be healthy alternatives to junk-food snacks. Low in fat, sugar, and sodium, these snacks will make your job easier whether you're a parent, teacher, or day-care provider. A complete nutritional breakdown, listing calories, protein, fat, carbohydrates, and sodium per serving follow each recipe. Home day-care providers will be especially interested in the recipes that bear the □ symbol, approved for the Child and Adult Care Food Program (CACFP). A CACFP reference guide is included. (Warren Publishing House)

HEART HEALTH: THE FIRST STEP IS DIET

N/GN H 1990

(Video, 20 min) Heart disease is the number one killer in our nation. Over 5 million Americans suffer from heart disease. While medical technology has done wonders to treat heart disease, we, as individuals, can and must do more about our lifestyle to prevent it. (Mazola)

HEART HEALTH: YOUR CHOICE

N/NE PIJ 1992

(Book) Heart disease is the number one killer of adults in America. Many adults have high blood cholesterol levels, which increase their chance, or risk, of heart disease. Even kids can have high blood cholesterol. This book for kids explains how you can take control of your blood cholesterol level and heart health. (US Dept. of Health & Human Services)

HEARTY SCHOOL LUNCH: MENUS MANUAL

A/PPS S 1994

(Book) The menus in this manual give you, the food service manager, an effective and easy way to introduce heart-healthy meals to your school. (American Heart Association)

HEARTY SCHOOL LUNCH: RESOURCES MANUAL

A/PPS S 1994

(Book) The National School Lunch Act insures school-age children at least one good meal a day. This Hearty School Lunch Program provides menus and resources to help make that meal tasty, yet healthful. (American Heart Association)

HIGH TIME FOR LOW FAT: A COURSE FOR SCHOOL FOOD SERVICE MANAGERS

N/NE S 1993

(Curriculum—2 Sets) Leader and Participant manuals for nutrition education and training of school food service managers. Developed by the State of Mississippi Department of Education and Mississippi School Food Service Task Force. Topics include: basic nutrition, food service marketing, growth and development, fats and oils, and food presentation. Leader's Manual-Includes instructor's scripts, overheads, and answer keys for each lesson. Participant Book-Includes handouts and course outline for students. (Bureau of Child Nutrition)

HIGHLIGHTS OF THE FIRST NATIONAL CHOLESTEROL CONFERENCE

N/SN S 1989

(Vide, 25 min) This conference was designed to share the accumulating knowledge with health care professionals from all over the country about high cholesterol levels and heart disease and ways to prevent this from happening. (E. R. Squibb & Sons, Inc.)

HOW TO GET YOUR KID TO EAT, BUT NOT TOO MUCH

N/NE S 1987

(Book) The incidence of significant childhood eating problems is estimated at 25% to 30% and those are only situations that parents consider problematic and are brought to professional attention. Problem eating behaviors include poor food acceptance, eating "too much" or "too little," delay or difficulty in learning the mechanics of eating or progressing to appropriately mature eating styles, objectionable mealtime behaviors, and bizarre food habits. (Bull Publishing)

HOW TO PROVIDE EXCELLENT SERVICE IN ANY ORGANIZATION

CM/CS S 1991

(Book) Desend's "recipe" for improving customer service contains a wealth of ideas gleaned from published materials, personal experience, academic coursework, as well as exhaustive research, and personal interviews. His guidelines for hiring and training people who are "service-oriented" are applicable to every organization, whether it produces a product or delivers a service, whether it operates in the private or public sector. (Chilton Book Company)

HOW TO TEACH NUTRITION TO KIDS

N/NE HS 1995

(Book) Packed with nutrition education activities and strategies that are kid-tested and teacher-endorsed. Divided by subjects, this resource effectively integrates nutrition into the classroom and home environment. (24 Carrot Press)

HOW TO WRITE USABLE USER DOCUMENTATION

A/O S 1991

(Book) Purpose is to enhance the power and professionalism of everyone who plans, designs, or writes user documentation. (Oryx Press)

HUMAN ENERGY: HOW TO MOVE A MOUNTAIN

A/HR IJH 1982

(filmstrip w/audio cassette) Investigates the effect of behavior types and orientations on problem finding and problem solving. (J. C. Penney Company Inc.)

HUMAN NUTRITION: A SELF-INSTRUCTIONAL TEXT

N/NE S 1982

(Book) One of the major objectives of this text is to get the reader involved with nutrition. The rudiments of nutrition must be learned in order to understand the *why's* and *how's* of body mechanisms which make use of food to accomplish the various chemical and physical activities of the body. (Prentice-Hall, Inc.)

I CAN MANAGE: A PRACTICAL APPROACH TO FOODSERVICE MANAGEMENT

A/PM S 1986

(Book) Shows you how to apply proven management techniques to your foodservice operation to make it more efficient and cost-effective. (Van Nostrand Reinhold)

IDEAS FOR NUTRITION PARTNERSHIPS

A/PP S 1999

(Manual) Developed by researching successful techniques of school food and nutrition programs, this guide provides information on how to develop and establish nutrition programs in an educational environment. Many examples of successful programs provide creative ideas and unique suggestions for building strong partnerships between the school, parent's community, and students. (Williams, Rosanne; Wood, Yibo; South Dakota Department of Education & Cultural Affairs)

INCREDIBLE EDIBLES: COMMODITY CHOICES AND CHALLENGES

O/FDC S 1993

(Video, 24 min) In the fall of 1992, there were over 3.3 million children enrolled in Texas's public elementary and secondary schools. The task of providing wholesome meals for these children falls primarily to the food service directors, managers, and supervisors. (Texas Department of Human Services)

INTRODUCTION TO FOODSERVICE, 7th Ed

A/PM S 1994

(Book) This book is about the many changes, preparations, procedures, and daily routines in foodservices. (MacMillan Films, Inc.)

INVENTORY MANAGEMENT FOR CHILD NUTRITION PROGRAMS

A/PP S 2000

(Training Kit with 25 minute video) For use in manager training. Lesson topics include record-keeping, inventory systems, storage, product safety and cost control. NFSMI Breakfast Lunch Training (BLT) module. July 2000. (2 copies)

INVEST IN YOURSELF

N/NE S 1996

(Book) In order for an athlete to maximize performance, he/she should build an investment portfolio, which includes training, motivation, and proper nutrition. The Nutrition portfolio must include a wholesome balanced diet containing the optimal balance of water, carbohydrate, fat, protein, vitamins, and minerals during competitions and off-seasons. (State of Florida)

ISSUES AND TRENDS IN FOOD SERVICE MANAGEMENT

A/PM S 1995

(22 page booklet). Results of review of four trade and four research publications to determine significant trends and issues that may affect Child Nutrition Programs. Categories of issues and trends are 1) health and nutrition, 2) alternative styles of service, 3) food service marketing for customer service and 4) branding. (NFSMI).

ISSUES RELATED TO EQUIPMENT AND THE DIETARY GUIDELINES FOR AMERICANS

O/FDE S 1996

(Booklet, 35 pages) Nettles, Mary Frances. Research report identifying opinions of school foodservice directors on production equipment issues in implementing the dietary guidelines. (National Food Service Management Institute.)

IT'S ALL ABOUT YOU: MAKING HEALTHY CHOICES THAT FIT YOUR LIFESTYLE

N/NE JHS 1999

(Booklet, 15 pages and video, 28 min) A valuable resource that consists of three components: A Leader Guide, a video and a first-ever Owner's Manual for YOUR Body. The tool kit is based on extensive qualitative research conducted with consumers and nutrition communicators.

IT'S YOUR SERVE

CM/M S 1993

(Kit) This training program is designed to help school foodservice personnel improve their customer service skills and gain a basic understanding of marketing for their foodservice program. This presenter's guide provides an overview of each element of *It's Your Serve*, to help you easily and effectively present the course. (Tyson Foods)

JANEY JUNKFOOD'S: Follow-up Activity Guide

N/NE KPIS 1995

(Activity book) A follow-up to the video that brings a more balanced approach to nutrition that the messages viewers usually receive, and motivates them to take charge of growing up healthy and fit. (Food Play)

JANEY JUNKFOOD'S FRESH ADVENTURE

N/NE KPI 1992

(Video, 30 min) Finally, a fun-filled show that helps children get off the junk food track. To the rhythmic beat, "Treat Your Body Right," children learn how to juggle the foods they eat to wind up with a balanced diet in this delightful TV special featuring juggling, rap music, and the charm of local youngsters. (Foodplay)

JOIN THE TEAM! TEAM NUTRITION

CM/PR PIJH 1996

(Video, 8 min) The video for Team Nutrition is provided to improve the health and education of children by creating innovative public and private partnerships that promote food choices for a healthful diet through the media, schools, families, and the community. (US Department of Agriculture)

JUST EAT IT!

N/NE KPI 1986

(Video, 24 min) An exciting program for the children about eating food from the four food groups every day. Nutri-Puppets shows kids all types of food that is nutritious and good for their health. Stars the Waccamaw Nutri-Puppets from Myrtle Beach, SC. (Waccamaw Public Health)

KEYS TO EXCELLENCE: STANDARDS OF PRACTICE FOR NUTRITION INTEGRITY

A/PP S 1995

(Book) An initiative of the American School Food Service Association (ASFSa) designed to assist schools achieve nutrition integrity goals at the administrative, management, and operational levels. This tool, through its standards of practice and indicators, defines national standards for quality programs and provides a framework for continuous programs review, evaluation, and improvement. (American School Food Service Association)

KEYS TO EXCELLENCE: SUPPORT MATERIALS

A/PP S 1996

(Book) This Support Materials document will assist Child Nutrition personnel in using the tools for quality programs as established in the *Keys to Excellence: Standards of Practice for Nutrition Integrity* developed through the initiatives of the American School Food Service Association. (National Food Service Management)

KIDS DINE OUT

N/NE JHS 1993

(Book) Will give you great ideas for developing children's menus, promotion, and program-ideas that will work for you. It's a foodservice survival guide for the 1990s, based on the successes of operators across the US. It will help you cope with the special needs of families by showing you how others have tapped into the family market and how you can too. (John Wiley and Sons, Inc.)

KIDS KITCHEN-MAKING GOOD EATING GREAT FUN FOR KIDS

N/NE KPIS 1992

(Book) This children's cookbook accompanied by the video, is a complete lesson providing nutrition and consumer information including how to read food labels, cut down fat and sugar, as well as tips for food preparation, hygiene, and kitchen safety. (FoodPlay)

KIDS KITCHEN-MAKING GOOD EATING GREAT FUN

N/NE KPIS 1996

(Video, 45 min) Video for adults to use with children ages 4-10 to show how to interest children in food and make eating fun for them. (Foodplay Productions, Northampton, Mass.)

KITCHEN SAFETY

O/SSWM S 1991

(Video, 30 min) The program is divided into three segments: 1. Safety at your workstation 2. Handling knives, blades, and power equipment 3. Safe handling of cooking equipment. This is an interactive learning program, designed specifically for you, the food service professional. It covers safety in steam cooking, oven baking and roasting, grill cooking, handling hot grease, equipment cleaning, lifting and bending, handling knives and blades and handling spills. (TV Journal Incorporated)

KITCHEN SANITATION (short version)**O/SSWM****S****19??****(Video, 12 min)** Examines all the important issues and procedures of kitchen sanitation in school cafeterias.**LEADERSHIP CHALLENGE, THE****A/PD****S****1995****(Book)** How leaders get extraordinary things done in organizations; the practices leaders use to turn challenging opportunities into remarkable successes. (Jossey-Bass Publishers)**LEAN ON ME****A/HR****S****1988****(Video, 25 min)** Reflects on school food service employees and personnel that rely on one another to provide healthy meals for children in school. (South Carolina ETV)**LET'S CELEBRATE A WORLD OF HEALTHY FOOD (2 copies)****O/FPS****IJHS****1997****(Book)** Contains activities, recipes, and other resources to help students enjoy various nutritious foods, try unfamiliar foods, learn about eating habits in other cultures and appreciate the similarity and diversity of other cultures. Produced by the (West Virginia Department of Education, Office of Child Nutrition.)**LET'S PARTY: PARTY IDEAS FOR SCHOOL AND HOME****N/NE****GNKPIS****1993****(Book, 114 pages)** Resource to parents, educators, and food service staff to promote nutrition integrity in schools. Suggestions, ideas, and recipes provided will help children develop sound eating habits and positive attitudes towards food. Provides unique opportunities for children to observe and practice good nutrition centered around 12 party theme ideas, tailored for elementary aged children. (West Virginia Department of Education, Office of Child Nutrition)**LIFE'S LITTLE BOOK OF WELLNESS****A/PD****S****1999****(Booklet, 44 pages)** This book offers 93 simple tips on increasing wellness and developing healthy lifestyle practices. Main focus is on tips for increasing grains, overall healthy diet, and exercise. (Wheat Foods Council)**LINK BETWEEN NUTRITION AND COGNITIVE DEVELOPMENT IN CHILDREN, THE (2 copies)****N/GN****S****1994****(Book)** Broadens public awareness about the known relationship between nutrition and cognitive development and enables policy-makers to incorporate this knowledge into public policies that protect vulnerable youngsters. (Tufts University School of Nutrition)**LIVING HEART BRAND NAME SHOPPER'S GUIDE, THE****N/GN****HS****1992****(Book)** This guide is the first book to help consumers choose both brand-name and generic foods appropriate for a cholesterol-lowering eating pattern. (Mastermedia Limited)**LOOK BEFORE YOU EAT****N/NE****JH****1992****(Video, 24 min)** A practical, up-to-date, amusing review of how our eating habits have changed and how advertising and food industry promotions affect our choices. High school students evaluate their food choices and try to devise delicious, healthier meals lower in sugar, salt, and fat and higher in calcium. There's a critical examination of processed versus natural foods, and what these foods, combined with fast food meals, mean to our health and diet. (Churchill Films)**LOOK WHO'S COOKING! HOW FOOD PREPARATION CAN HELP CHILDREN LEARN AND DEVELOP****N/NE****KPS****1997****(30 minute video and booklet)** Developed by the Georgia Nutrition Education and Training Program, "Look Who's Cooking!" is a 30-minute videotape with a companion booklet that demonstrates food preparation activities for young children. Although the video is aimed at parents of kindergarten through third-grade children, teachers can also use it. Children enjoy watching it because they see children their own age helping prepare food. Three different family situations are presented with a mother, father, and child preparing breakfast; a teenager and her little brother making an afternoon snack; and a daughter preparing salad for dinner. Nutrition and developmental characteristics of young children are highlighted. (Georgia NET)**LUNCHPOWER: DRAINING AND RINSING GROUND BEEF****O/FPS****S****1991****(Video)** New techniques are used with ground beef in order to reduce the fat and drain the liquid. Draining and rinsing techniques are very important when trying to reduce the fat contained in the ground beef. (Beef Industry Council)**MAINTAINING THE DEEP FAT FRYER****O/FE****S****19??****(Video, 11 min)** Explains the correct procedures for cleaning a deep fat fryer. In order for you, the professional, to have a complimentary, perfect product when you're done frying, you need to start off with a clean area. (RMI Media Productions)

MAKING FOOD HEALTHY & SAFE FOR CHILDREN**O/SSWM KPSI 1997**

(Soft back book, 86 pages) This book is a guide for meeting the nutrition standards in National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs. It presents information about all of the nutrition-related standards in chapters divided by topic.

MAKING THE HONOR ROLL**O/FPS S 1995**

(Kit w/8 booklets) Recognizes successful schools for stellar effort to improve the nutritional quality of meals served to kids; serves as an action guide for other schools to improve their child nutrition programs. (N. Chapman Associates)

MANAGING CHILD NUTRITION PROGRAM TO TEACH HEALTHY FOOD PRACTICES**A/PM S 1993**

(kit w/video cassette 60 min) Participants will have the opportunity to learn how to create an awareness that every member of a Child Nutrition team has an important role; every person can make a difference; how to identify the characteristics of personnel that help your customers develop healthy eating habits for a lifetime; how to use a variety of methods; how to match skills of personnel with those needed for a job; and how to describe techniques that promote staff empowerment through the practice of Total Quality Management (TQM). (National Food Service Management Institute)

MANAGING FOOD SAFETY**O/SSWM S 2000**

(Video, 2 hrs.) NFSMI (National Food Service management Institute teleconference provides an opportunity for school food and nutrition program professionals to learn about the basic principles of food safety assurance system and how to apply these principles. Food safety experts and child nutrition directors participate in a panel discussion and receive questions from the viewing audience. No written materials. January 2000

MANAGING QUALITY CUSTOMER SERVICE**CM/CS S 1989**

(Book) Written for supervisors, managers, or those who oversee a customer-service operation. (Crisp Publications, Inc).

MEAL COUNTING AND CLAIMING**A/PM S 1989**

(Video, 44 min) Over 26 million meals are served in schools across the country every day. Meal counting and claiming is a system that is used to record an accurate count on meals served so your school can be reimbursed for meals that were served. (US Department of Agriculture)

MEAT BUYERS GUIDE, THE**O/FP S 1988**

(Book) This new guide has been updated to reflect the highest standards of the meat industry including trimming, cutting techniques, and nomenclature. (National Association of Meat Purchasers)

MEETING CHALLENGES IN FOOD SERVICES**O/FP S 1974**

(Book) The approach in this book is not one of panic or pessimism, but one of realism. Rather than describe "put-out-the-fire" tactics, it defines a sensible and practical approach to meeting emergencies and problems before they get out of hand. (Alabama Learning Resources Library)

MENU PLANNER FOR HEALTHY SCHOOL MEALS, A**O/MP S 1998**

(Manual, 270 pages, USDA-FNS Publication FNS 303) This publication replaces the Menu Planning Guide for School Food Service published in 1983. It presents the basic concepts of the School Meals Initiative for Healthy Children and helps translate these concepts into real meals for real children in real schools. The planner covers everything from the programs' nutrition goals, menu planning options, tips on preparing healthy meals, to record keeping forms, marketing, and ways to link the classroom with the cafeteria. This manual is a resource for planning promoting, preparing and providing healthy school meals that look good and taste great. (USDA)

MINI KITCHEN**O/FPS S 1986**

(Video, 30 min) The Mini Kitchen is an addition to the small school kitchen at Rainbow Middle School in Gadsden, Alabama. It's a self-serve operation for 7th and 8th graders at the school. (Rainbow Middle School, Etowah County, Alabama)

MOO...VING! IDEAS SCHOOL FOOD SERVICE CAN USE TO PROMOTE NUTRITION EDUCATION**N/NE KPIJ 1996**

(Book) Accompanies the SIFT nutrition education class with ways school cafeteria staff can promote nutrition education. Cafeteria-based nutrition education activities are discussed and demonstrated. Activities are age/grade appropriate and revolve around the theme of milk and the benefits of eating calcium-rich foods. (Nutrition Education and Training, Dept. of Education)

MUNCHSTERS, THE

N/NE KPI 1992

(Kit w/posters) This teacher's guide is about nutrition and the Food Guide Pyramid, which is very important in child nutrition classes and very helpful for teachers in teaching their children about eating healthy foods. (National Livestock and Meat Board)

MY BODY MACHINE

N/NE KPI 1989

(Booklet w/audio cassette) To help children learn all about nutritious foods to eat and why they are good for their health. (Brite Music, Inc.)

NANCY CLARK'S SPORTS NUTRITION GUIDEBOOK

N/SN HS 1990

(Book) Learn how to lose or gain weight the healthy way, discover how to best replace your body fluids, and find out how to time your meals to enhance your athletic performance. (Leisure Books)

NATIONAL CHOLESTEROL EDUCATION PROGRAM: REPORT OF THE EXPERT PANEL ON BLOOD CHOLESTEROL LEVELS IN CHILDREN AND ADOLESCENTS

N/NE IJH 1991

(Book) Designed to help children and teens understand more about blood cholesterol levels and high blood pressure. (US Dept. of Health and Human Services)

NEW COMMUNITY COLLABORATION MANUAL, THE (2 COPIES)

A/HR S 1997

(Booklet, 76 pages) Booklet is an outgrowth of a project in which a consortium of 22 organizations joined together to develop programs and advocate social policy. The booklet is a direct response to the growing need among communities and nonprofit organizations interested in building community collaborations. Provides many examples. (The National Assembly of National Voluntary Health and Social Welfare Organizations)

NEW PROFESSIONAL CHEF, THE

A/PD S 1991

(Book) Focuses on the teaching methods for professional chefs working in kitchens all around. (Van Nostrand Reinhold)

NEW WAYS TO FEED CHILDREN AT SCHOOL

O/FPS S 1986

(Vide, 32 min) As new methods in food service technology emerge, methods of preparing and serving meals change. New school food service facilities feature more energy efficient cafeterias, requiring less labor, while producing top quality foods. Self-service is the new idea for children in school, giving children the chance to choose between 3, 4, or all 5 food items of their choice. (South Carolina ETV)

NIFTY NUTRITION WITH SKILL INTEGRATION ACTIVITIES: KINDERGARTEN; FIRST GRADE; SECOND GRADE; THIRD GRADE; FOURTH GRADE; FIFTH GRADE; SIXTH GRADE

N/NE KPIJHS 1998

(Curriculum) Series of manuals designed for teachers to use as a tool to connect students from classroom instruction to food experience in the cafeteria. Each manual addresses a specific grade level and contains lesson plans, audiovisuals, posters, and food integration activities developed by the Arkansas Department of Education. **Kindergarten Manual:** Emphasizes the US Dietary Guidelines. **First Grade Manual:** Expands the US Dietary Guidelines into identifying and preparing nutritious meals. **Second Grade Manual:** Focuses on identifying basic food groups and planning balanced meals. **Third Grade Manual:** Encourages students to observe mealtime environments and recognize nutrition requirements for different people. **Fourth Grade Manual:** Emphasizes energy, nutrition, and the digestive system. **Fifth Grade Manual:** Examines how the respiratory, circulatory, skeletal, and muscular systems are enhanced by specific nutrients. **Sixth Grade Manual:** Emphasizes the role of nutrition in cell biology. (Arkansas Dept. of Education)

NO TIME TO TRAIN? LESSONS ON FOOD SAFETY AND SANITATION

O/SSWM S 1998

(Lesson Plans for Managers) These lessons were designed for cafeteria managers to train food service staff during "teachable" moments, informal gatherings or other brief meeting times. There are 15 lessons on food safety and sanitation divided into three categories: Safety, Food borne Illness and HACCP. Each lesson has a content overview, behavioral objectives, estimate of time needed, materials list and script. Several lessons have handouts, which can be copied and distributed or made into transparencies. Reproduced by the National Food Service Management Institute; developed by the 5-Star Child Nutrition Task Force (January 1998)

NONCOMMERCIAL FOODSERVICE

A/PD S 1995

(Book) Offers institutional and corporate administrators the information they need to oversee and improve their organizations' foodservice programs. (John Wiley and Sons, Inc.)

NOW I WILL NEVER LEAVE THE DINNER TABLE

N/NE	KPIS	1996
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(Children's book) Martin, Jane Read and Patricia Marx. A book for reading to pre-school and elementary age children. This book is a story about Patty Jane Pepper who is not allowed to leave the dinner table until she eats her spinach. Patty Jane vows never to leave the table and comes up with a variety of humorous ways to avoid eating the spinach. Finally she finds an interesting way to make it edible. Well illustrated. (Harper Collins Juvenile)

NOW YOU'RE COOKING

O/FPS	S	1998
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(Participant & trainer manual) This program is designed to teach creative new approaches to recipe modification and menu "thinning" using a variety of methods including USDA commodities.

NOW YOU'RE TALKING!

CM/C	S	1990
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(Video, 28 min) Examines the skills and benefits of good communication as they relate to school food service employees. (Tyson Foods)

NUTRIENT NEEDS

N/NS	LJH	1988
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(Video, 25 min) We need food so we can grow, so we can make new body cells when they're damaged or worn out, and so we can have energy. Nutrients are needed in order for our body to function properly. (National Health Video)

NUTRITION ADVANTAGE, THE

N/GN	HS	1988
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(Book) The nutrition advantage described here is a vital key to eating right and using proper exercise when trying to stay fit. (Washington State Potato Commission)

NUTRITION AND FEEDING FOR PERSONS WITH SPECIAL NEEDS, 2nd Ed

N/SN	S	1992
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(Book) Serves as a reference for basic nutrition information and a practical guidebook of ideas to better serve the nutritional needs of persons with special needs. Helps insure their individual independence, productivity, and full integration into community living. (South Dakota Dept. of Education)

NUTRITION AND YOUR BUSY LIFESTYLE

N/GN	H	1988
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(Video, 9 min) Your lifestyle could take its toll on your body, especially if you aren't getting the nutrients you need. What you eat could affect your health and your energy level. (National Dairy Council)

NUTRITION: CONCEPTS AND CONTROVERSIES, 5th Ed

N/GN	HS	1991
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(Book) For well over a decade, professors and students have been using this text. The new edition begins with a personal invitation to eat well and to think in terms of how, when, and why people choose the foods they do. (West Publishing Company)

NUTRITION CONCEPTS AND CONTROVERSIES, 7TH Edition

N/GN	HS	1997
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(Book, 626 pages plus appendix) Book provides practical features in connecting science concepts with food choices, ways to judge nutrition information from the media and from makers of supplements for athletes. Menu analysis are compared to the Recommended Dietary Allowances and menu planning guidelines are available that meet the goals of the Dietary Guidelines for Americans and other recommendations. Book provides a snapshot each nutrient with salient facts and food sources. This edition has emphasis on phytochemicals or non-nutrient food substances that hold promise for preventing disease. Another powerful new feature in this edition is the "self check", a series of review questions at the end of each chapter which allows the reader to quickly review each chapter's content.

The controversies part of this book invites the reader to explore beyond the safe boundaries of established nutrition knowledge and invite you to delve into current scientific topics and emerging controversies. This section also sets up a lively competition between food and supplements as vitamin sources, explores the research on antioxidant vitamins, and presents some pressing questions surrounding the safety and effectiveness of weight-loss diets and diet profiteers. (Wadsworth Publishing)

NUTRITION CONCEPTS AND CONTROVERSIES, 8TH EDITION INSTRUCTOR'S MANUAL

N/NE	HS	2000
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(Book, 556 pages) Provides practical features designed to teach students the key principles in the science of nutrition and guide its readers in connecting food choices with nutrition across the board. Nutrients, phytochemicals, energy balance, life cycle nutrition, and food safety are just a few of the topics discussed. Interesting features includes self-evaluation review, controversies, and menu analysis. (Wadsworth Publishing)

NUTRITION CURRICULUM FOR HIGH SCHOOL GRADES

N/NE	JH	1993
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(Book) These training/teaching modules are geared for use at all grade levels. The lesson plans within each can be adapted to its audience based upon the student's age, knowledge level of nutrition, and teacher's area of interest. (Nutrition Education and Train

NUTRITION CURRICULUM FOR KINDERGARTEN THROUGH FIFTH GRADE

N/NE KPI 1993

(Book) These training/teaching modules are geared for use at all grade levels. The lesson plans within each can be adapted to its audience based upon the student's age, knowledge level of nutrition, and teacher's area of interest. (Nutrition Education and Training)

NUTRITION CURRICULUM FOR MIDDLE SCHOOL GRADES

N/NE IJ 1993

(Book) These training/teaching modules are geared for use at all grade levels. The lesson plans within each can be adapted to its audience based upon the student's age, knowledge level of nutrition, and teacher's area of interest. (Nutrition Education and Training)

NUTRITION FOR THE FOODSERVICE PROFESSIONAL

N/NE S 1989

(Book) Written for use by foodservice management students, culinary students, and foodservice professional working in commercial and institutional foodservice operations, this book focuses on nutrition as it relates to personal health, food and food preparation, menu planning and recipe modification, and marketing of nutrition for use in hotels, restaurants, and institutions. (Van Nostrand Reinhold)

NUTRITION FOR THE FOODSERVICE PROFESSIONAL, 2nd Ed

N/NE S 1994

(Book) For use by foodservice management students, culinary students, and foodservice professionals working in commercial and institutional foodservice operations. (Van Nostrand Reinhold)

NUTRITION FOR THE FOODSERVICE PROFESSIONAL, 3rd Ed

N/GN S 1997

(Book) Primarily for students in foodservice management, hospitality management, and culinary programs. Practicing foodservice professionals may find it useful as well. Its content focuses on personal nutrition, using selected nutrition topics such as vegetarian eating and nutrition in restaurants and foodservices. The latest nutrition research on many other topics is included. (Van Nostrand Reinhold)

NUTRITION FRIENDLY SCHOOLS

N/NS S 2001

(Video, 11 minutes) Addresses student obesity and the need for collaboration between school, food service and parents to make a successful nutrition program. (Pennsylvania Department of Education)

NUTRITION IN THE COMMUNITY: THE ART OF DELIVERING SERVICES, 3rd Ed

N/NE S 1993

(Book) Addresses the major initiatives for the 1990s and beyond. Provides students, faculty members, and practitioners with guidelines for management and delivery of nutrition services. (WCB/McGraw Hill)

NUTRITION: MAKING A DIFFERENCE IN SCHOOLS

A/PM S 1996

(124-minute video and participant guide) A satellite videoconference originally aired January 25, 1996 and developed by the Association of County and City Health Officials (NACCHO) and the Centers for Disease Control (CDC). Includes segments related to classroom curriculum, school nutrition policy, partnerships, and administrative support. Much of the content relates directly to school food services. Contains pre and posttests and activity guides. (Association of County and City Health Officials and Centers for Disease Control)

NUTRITION ON THE RUN

N/NE H 1980

(Video, 47 min) Many students leave home in the morning without eating breakfast. Eating before school gives you the energy you need to help you through the day, and you become more alert. (Sunburst Communications)

NUTRITION RAP T.V.

N/NE JH 1992

(Video, 32 min) Communicates good nutritional habits to teenage students 13-19 years of age. Attempts to inform students that it is important to eat the required number of foods from the four food groups: milk, meat, vegetables/fruit, and grains. (State Department of Delaware)

NUTRITION TO GROW ON

N/NE IJ 1988

(Video, 30 min) Acquaints middle schoolers with the fundamentals of nutrition and shows that good nutrition, coupled with regular exercise, is the key to good health and feeling your best. Combines live-action video and animated cartoons to deliver the basics on nutrition in a format that is both engaging and informative. Realistic "case studies" of four different characters demonstrate common nutritional problems. A professional nutritionist offers advice on how to deal with these problems. (Human Relations Media)

NUTRITION-FITNESS LINK, THE

N/SN H 1993

(Book) The author has scientifically sound advice on ideal meals to eat prior to athletic events, how to avoid wasting money on special drinks and powders for athletes, and how to eat to enhance not only physical but mental performance. Helps you find the right fuel to go the distance in achieving your personal best. (Millbrook Press)

NUTRITIONAL QUALITY INDEX OF FOODS

N/GN H 1979

(**Book**) Since the turn of the century, important changes have taken place in the types and amounts of food consumed by individuals in the United States. In particular, the increased consumption of refined sugar and fat in various segments of the population has raised important questions regarding the nutritional adequacy of the average diet. (AVI Publishing Company)

NUTRITIONAL STANDARDS

N/NS S 1983

(**Book**) Explains the basic factors that influence the wholesomeness, nutritive value, flavor, color, texture, appearance, and preservation of food products. (AVI Publishing Company)

OBESITY EPIDEMIC, THE: A MANDATE FOR A MULTIDISCIPLINARY APPROACH

N/NE S 1998

(**Magazine, 64 pages**) Obesity is a chronic disease that is increasing in epidemic proportions and impacting every aspect of health care in America. This supplement to the Journal of American Dietetic Association includes 11 articles that focus on obesity as an epidemic, the challenges associated with treating obesity and the changing of lifestyles through medical management, and the role of behavioral counseling, physical activity, and dietary treatment in prevention of obesity. Three articles also discuss the multidisciplinary approach that involves the physician and dietician. (Journal of American Dietetic Association)

ON THE ROAD TO PROFESSIONAL FOOD PREPARATION

O/FPS S 1993

(**Book w/video**) Includes four lessons and a demonstration video (20 min.) designed to reinforce information included in the lessons by showing actual examples from the lessons. May be used at the beginning of the training program as an overview or at the end as a review or summary. The lessons include the basics of food preparation and may be used by entry-level staff or as a review for experienced staff. The last lesson is for experienced staff. Lesson 1: *The Recipe* (Using Standardized Recipes), Lesson 2: *Weights and Measures* (Basics in Volume, Weight, and Techniques), Lesson 3: *Portion Control* (Methods and Types of Portion Control), Lesson 4: *Recipe Adjustment* (Changing a Recipe to Serve a Specific Number). (National Food Service Management)

ONE: ORIENTATION FOR NUTRITION EMPLOYEES

A/PM S 2000

(Update of Training Curriculum for Child Nutrition Employees; printed material only; videos were not updated). Sixty lessons; designed as orientation training course for new school food service employees; designed especially for use by managers. Fulfills ASFSFA Level 1 Certification requirements. (Georgia Dept. of Education, School and Community Nutrition Division)

ONE: ORIENTATION FOR NUTRITION EMPLOYEES

A/PM S 1993

(**4 albums of videos and lesson booklets**) 60 lessons, each with video component, designed as orientation training course for new school food service employees. **Album 1-Lessons 1-15; Album 2-Lessons 16-30; Album 3-Lessons 31-45; Album 4-Lessons 46-60.** Wide range of topics covered. (Georgia Department of Education, School and Community Nutrition Division)

OPERATING THE COMMERCIAL MEAT SLICER

O/FE S 19??

(**Video, 17 min**) The assembly, disassembly, and operation of the meat slicer. This type of equipment is used for school services and restaurants and in meat companies. (RMI Media Productions)

OPERATION FOOD SAFETY

O/SSWM KPI 1998

(**Book**) A public-private partnership that was formed in May of 1997 to implement a project to fulfill the objectives of the newly passed legislation.

OPERATION OF THE SHREDDER/GRATER ATTACHMENTS

O/FE S 19??

(**Video, 11 min**) In commercial food service operations, there is often more than one way of accomplishing the same task. The shredder/grater attachment is a very important machine when you want things sliced, grated, shredded, or cut. (RMI Media Productions)

ORGANWISEGUYS, THE: Basic Training for Better Health

N/NE KPIS 1999

(**Book**) They're back! And they mean business! The OrganWise Guys have formed their own platoon and are looking for new recruits to learn and have fun in their healthy boot camp. Their mission... to teach children how easy it is to fight sickness and disease. In addition to the importance of a low-fat, high-fiber diet, drinking lots of water and doing regular exercise, this book delves into the body's immune system. Using humorous pictures to explain how the body functions, a young reader will gain knowledge of how the immune system works and what can be done to keep it healthy and active. (Wellness Incorporated)

ORGANWISEGUYS, THE: How To Be Smart From The Inside Out!

N/NE KPIS 1999

(**Book**) The OrganWise Guys Club is devoted to teaching children the fundamentals of how their body responds to their lifestyle. The topics addressed are low fat, high-fiber eating, drinking plenty of water, and the importance of exercising. The OrganWise Guys book is written in an interactive format. The children follow along and interact as the book challenges their knowledge on healthy lifestyle issues and teaches them the all-important club rules. (Wellness Incorporated)

PASS THE KETCHUP PLEASE**N/NE****KPI****1994**

(Video, 18 minutes) Video is designed for students K-6th grade to help improve student conduct and manners in the school cafeteria. In addition, it teaches the basic facts of nutrition that all children need to know in order to lead a healthy life. Students learn about nutrition, good manners, and proper conduct and get a peek at what goes on in the kitchen. Students model the dos and don'ts of proper cafeteria conduct and manners. (Ridgley Enterprises, School Days Productions)

PARENTING IN THE 90'S**A/PD****HS****1993**

(Video, 4 min) Your children master many vital skills in their first six years. Learning to feed themselves is one of the most important. What you know about food, the meals you serve and the mealtime environment in your home, all help to shape their eating habits.

PEDIATRIC NUTRITION HANDBOOK, 3rd Ed**N/GN****S****1993**

(Book) A ready desk reference on the nutritional requirements and impact of nutritional status on the health of infants, children, and adolescents. (American Academy of Pediatrics)

PERFORMANCE FOOD CENTER, THE**O/FPS****S****1994**

(Video, 8 min) There are four key advantages to the Performance Food Center program, an addition to the school cafeteria with more food choices and much more nutritious meals for students: it provides high carbohydrate food and a low-fat way of eating, it meets the objective of Healthy People 2000, and it promotes a healthy lifestyle. (Washington State Potato Commission)

PESTICIDE RESISTANCE: STRATEGIES AND TACTICS FOR MANAGEMENT**A/PD****S****1986**

(Book) Explains how important pesticide resistance is to management, crop protection scientists, and government agencies. (National Academy Press)

PESTICIDES IN THE DIETS OF INFANTS AND CHILDREN**N/GN****S****1993**

(Book) Explores whether infants and children differ from adults in susceptibility and in dietary exposures to pesticide residues, and, if so, whether present regulatory approaches adequately protect them. Details the special characteristics of children (growth, development, metabolism) and analyzes toxicity information based on their exposure to pesticides in the diet. Includes recommendations for improving exposure estimates and describes data and factors that carry implications for risk assessment for infants and children. (National Academy Press)

PICKY PEDRO'S ADVENTURES IN EATING**N/NE****KPI****1994**

(Kit w/7 booklets, posters, 2 audiocassettes) Designed with input from nutrition experts and foodservice personnel. The program can be used in the cafeteria or classroom. It contains modern teaching tools that make learning about nutrition fun and teaching it even easier. (Growers of Washington State Apples Commission)

PLAN OR DIE! TEN KEYS TO ORGANIZATIONAL SUCCESS**A/PP****HS****1993**

(Book) Explodes the myth that simply coping with unexpected change is effective for the long-term health of an organization. Using four entertaining parables, it explains why today's most successful organizations are those that are actively involved in creating their own future. Previously published under the title: *Shaping Your Organization's Future* (which see). (Pfeiffer & Company)

PLANNING THE JOB INTERVIEW**A/HR****S****1999**

(Booklet 22 pages) This book examines the step-by-step process of preparing for a job interview. Resume' design, professional appearance and interviewing skills are the main topics discussed. (Elliott, Carson)

PLAY HARD, EAT RIGHT**N/NE****S****1995**

(Book) Deals with common concern of coaches and parents about nutrition needs of exercising children 6 to 12 years of age. Reviews these needs together with issues of growth, development, and body composition. (Chronimed Publishing)

PMA FRESH PRODUCE REFERENCE MANUAL FOR FOOD SERVICE, THE**O/P****S****1989**

(Book) Offers tips on building and maintaining good distributor/operator relationships; provides general guidelines for receiving, handling and storing produce; and supplies valuable nutritional information on individual fruits and vegetables. (Produce Marketing Association)

PORK: NUTRITION AND LEARNING IN AMERICA'S SCHOOL**O/FPS****HS****1995**

(Kit w/video cassette 15 min) Kids tend to eat what their parents eat and like foods that are familiar. As pork's popularity continues to rise, kids will be demanding it more and more in school meals because pork is popular and it's cost efficient, too. Manufacturers have created a variety of delicious pork products to add zest to the school menu program. (National Pork Producers Council)

POSITIVE NUTRITION FOR HIV INFECTION AND AIDS

N/SN S 1996

(Book) Shows you how to take charge of your nutritional care at any stage of HIV infection or AIDS. Provides sensible, easy meal plans, advice on getting through days when you don't feel well, and tips on how to talk to your doctor about nutrition. (Chronimed Publishing)

POTATO BUYER'S REFERENCE GUIDE

O/P S 1994

(Book) Washington State harvests more potatoes per acre than any other potato growing area in the world. For that reason, the Potato Commission has launched a long-range market development program providing for advertising and market promotion for Washington-grown potatoes and establishing grades and standards. (Washington State Potato Commission)

POTATOES: EVERY WAY YOU WANT THEM

O/FPS S 1997

(Kit w/posters, 2 videocassettes 8 min) This kit for school foodservice workers has all types of recipes and examples for making nutritious and healthy meals with potatoes. It explains how valuable potatoes can be. (Washington State Potato Commission)

PRACTICAL APPROACH TO HACCP, A

O/SSWM HS 1998

(Video, 14 minutes) This video contains realistic portrayals of food service operations in which HACCP systems can be implemented. Part of the National Restaurant Association's training course "A Practical Approach to HACCP" (National Restaurant Association)

PRACTICAL BAKING, 4th Ed

O/FPS S 1986

(Book) Twofold purpose: to provide the experienced bakers and pastry chefs with a practical handbook for ready reference; to offer baking teachers/students a text that can be used equally effectively in classrooms, vocational training programs, or on-the-job training programs. (Van Nostrand Reinhold)

PRACTICE-ORIENTED NUTRITION RESEARCH: AN OUTCOMES MEASUREMENT APPROACH

CM/RD S 1998

(Book) The work of three nutrition researchers who did not actually start out as researchers but soon discovered that solving problems and asking questions is an integral part of delivering quality nutrition care. This book provides the framework and assistance needed by the practitioner to develop and complete research studies that will propel nutrition into the 21st century. (Aspen Publication)

PREPARING THICKENING AGENTS, MAKING A ROUX

O/FPS S 19??

(Video, 16 min) Deals with cornstarch and roux, the two types of thickening agents that will alter the flavor, the consistency, and color of products. (RMI Media Productions)

PROFESSIONAL COOKING

O/FPS HS 1983

(Book) The purpose of this book is to teach basic cooking skills that can be applied in any type or level of food service operation. It concentrates on providing an understanding of how to cook, rather than simply presenting a set of unrelated recipes. (John Wiley and Sons, Inc.)

PROFESSIONAL COOKING, 3rd Ed

O/FP S 1995

(Book) This book has a dual goal: *understanding*, an understanding of cooking theory, of how to cook; and *performing*, the mastery of a set of manual skills and the ability to apply them to a wide range of cooking styles and products. This 3rd edition uses hundreds of color photographs and concise step-by-step illustrations of manual techniques, making it easier for the student to comprehend them at a glance. However, no textbook is a substitute for practical kitchen experience. Although this book presents methods and recipes that are widely accepted, many instructors may prefer different procedures and wish to supplement the recipes with some of their own. Exposure to a variety of recipes and techniques can only enrich the students' education and enhance the depth of their experience. (John Wiley and Sons, Inc.)

PROFESSIONAL PRESENCE IN WOMEN

A/PD HS 1999

(Booklet, 16 pages) Discusses several recommendations to achieve a professional presence for women in business settings. Attire, communication skills, and appearance are the main topics covered. (Elliott, Carson)

PROMOTE HEALTHY EATING

CM/M S 2002

(Video, 60 minutes) This seminar will demonstrate to school food service professionals a method of planning successful school meal promotions that encourage healthy eating. An NFSMI satellite seminar. 60-minute videotape. 19 pages of written materials accompany the material. April 2002

PROMOTING HEALTHY FOOD PRACTICES

O/FPS S 1993

(Video, 60 min) Emphasizes the importance of serving healthy food choices that meet the customer's need for food that's fashionable, fresh, fun, fit, and fast. (National Food Service Management Institute)

PUBLIC RELATIONS GUIDE

CM/PR S 1995

(Booklet, 37 pages) Educational guide for professionals on the development and implementation of public relations within an organization. Provides information and examples on topics such as media relations, newsletters, exhibits, writing techniques, fund raising, and program development. (Proctor & Gamble)

PURCHASING FOR QUALITY IN SCHOOL FOOD SERVICE

TODAY

O/P S 1993

(Video, 55 min) Throughout the country, school food service professionals are paving the way to the future with exciting and interactive programs. There are more than 50 million children in public schools and half of them eat a school meal daily. (School Food Service Management Forum)

PUT AWAY SALT AND SUGAR

N/GN H 1991

(Video, 28 min) Sugar and salt are used more often in our food supply than any other additives or seasonings. This video talks about the ways you can cut back, and the problems you can have by eating too much sugar and salt. (South Carolina ETV)

PYRAMID CAFÉ

N/NE IS 1998

(Activity Kit) This ten-activity program is designed so every learner can understand basic nutrition concepts, master simple meal planning skills, and experience success. The kit includes: The Teacher Guide, a student workbook, Daily Food Guide Pyramid take-home handouts, and a Pyramid Explorations poster (National Dairy Council)

PYRAMID EXPLORATIONS

N/NE IS 1998

(Activity Kit) This six-activity program is designed so every learner can understand basic nutrition concepts, master simple meal planning skills, and experience success. The kit includes: The Teacher Guide, a Pyramid Explorations Student Workbook, and Daily Food Guide Pyramid take-home handout, Pyramid Explorations poster (National Dairy Council)

PYRAMID EXPLORER NUTRITION ADVENTURES

N/NE IJS 1998

(CD-ROM and 60 page Teacher/Leader Guide.) Rollo, the robot guide, leads players through four lively nutrition adventures: Pyramid Mysteries, Hunt for Red Tomato, Cupboard Quest and 3-square. Promotes learning by

- ☐ providing critical thinking and problem-solving activities with immediate feedback
- ☐ encouraging cooperative learning about health, Nutrition and exercise
- ☐ reinforcing concepts with reproducible masters and Internet references

Produced by (Nutrition Education Services of the Oregon Dairy Council)

PYRAMID PRESS CONFERENCE

N/NS S 1992

(Video, 34 min) A news conference to announce the selection of the new food graphic, the nation's symbol for helpful diets in the future. (Georgia Audio Visual Services)

PYRAMID PURSUIT (K-3)

N/NE PS 1993

(Nutrition curriculum) For grades K-3 developed by the Mississippi Department of Education. Includes resources for teachers and school food service personnel and provides ideas for tasting parties and after school programs. (National Food Service Management Institute.)

QUALITY + PRICE = VALUE

O/FPS S 19??

(Video, 12 min) A guide to assist those who are conducting observation on canned fruits. With canned fruit products originating from around the world, it has become increasingly difficult to determine the relative value of canned fruits purchases. This video helps the food handlers with techniques like examining the packing medium, positioning the fruit, inspecting the can. (US Department of Agriculture)

QUALITY: BEHIND THE SCENES

O/FP S 1992

(Video, 22 min) Emphasis is on selecting, receiving, storing, preparing, and serving foods from a quality point of view. (TV Journal Incorporated)

QUALITY MEASURES FOR GEORGIA'S SCHOOL NUTRITION PROGRAM

A/PM S 1997

(Manual) Developed to identify characteristics of successful school nutrition programs with focus on quality for customers and stakeholders. Information is based on a comprehensive assessment of successful school nutrition programs in Georgia. Categories covered range from organizational management to sanitation and food safety of school nutrition programs excellent resource for developing quality school nutrition programs. (Georgia Department of Education)

QUALITY RECEIVING PRACTICES FOR HEALTHY SCHOOL MEALS

O/P S 1998

(60-minute videotape and written material) National Food Service Management Institute satellite seminar explains the overall flow of purchasing, receiving, and storage processes and shows the benefits of a well-planned and well-organized receiving system for Child Nutrition Programs. (NFSMI)

QUANTITY FOOD PRODUCTION

O/FP S 1966

(Book) States some of the standards, principles, and techniques required to produce food in quantity. It is not a recipe book but a book that attempts to give the what, why, and how behind the use of recipes. (McCutchan Publishers)

QUANTITY RECIPES FOR SCHOOL FOOD SERVICES

O/MP S 19??

(Video, 8 min) Students' eating habits have changed over the years. School food services face more challenges than dreamed possible just a few years ago. Today, your student expects more food choices than ever before. This new collection has been updated to meet their expectations and the needs of your operation. (US Department of Agriculture)

QUICK AND ACCURATE RECOGNITION OF REIMBURSABLE MEALS

A/PM S 1990

(Video, 25 min) Schools participating in the National School Lunch Program provide nutritious meals to students regardless of their economic status. Reimbursable meals serve to students meet one-third of their recommended daily dietary allowance when averaged over a period of time. (US Department of Agriculture)

REAL LIFE NUTRITION BOOK, THE

N/GN JH 1992

(Book) A practical, easy-to-use guide that proves eating right doesn't have to get in the way of real life. (Penguin Books)

REAL PEOPLE: COPING WITH EATING DISORDERS

N/SN HS 1989

(Video, 27 min) Gives viewers revealing insight into the causes of eating disorders: anorexic, bulimic, and compulsive overeater. (Sunburst Communications)

REAL TIME MARKETING: THE FOUR P's OF MARKETING

CM/M S 2001

(Video, 60 minutes) A satellite seminar from the NFSMI (National Food Service Management Institute). In addition to the four P's of Marketing, suggestions are given on how to create a marketing plan. Designed to help school food service professionals expand the programs that may already be in place to communicate to customers about their products and services. 11 pages of written material accompany the video; includes pre and post-test and continuing education credit form (October 2001)

REALITIES OF NUTRITION, Completely Rev Ed

N/GN HS 1993

(Book) Although nutrition science has grown a lot since the 1st edition 17 years ago, some things haven't changed. People are still looking for "nutrition magic": a vitamin pill, perhaps, to take care of that "tired feeling," and there are plenty of marketers anxious to sell it to them! Textbooks still tend to be dry and crammed with details. The goal of this edition is to teach basic scientific principles and the fundamentals of nutrition simply, clearly, and interestingly. The target audience is still the same: people with an interest in nutrition but without a background in science, everything from nutrition myths to food label nutrition information is expressed in plain and simple language. (Bull Publishing)

RECOGNIZING REIMBURSABLE MEALS IN THE NATIONAL SCHOOL LUNCH AND SCHOOL BREAKFAST PROGRAM

N/NE S 19??

(Video, 41 min) The nutritional goals of these programs are to provide children with nutritious well-balanced meals. Under the programs, schools will receive federal reimbursement for the meals they serve. To safeguard the health of the nation's children and the tax dollars that support these programs, school districts must meet certain requirements. (US Department of Agriculture)

RECOGNIZING REIMBURSABLE SCHOOL LUNCHESES

N/NE S 1990

(Video, 21 min) This video is about reimbursable school lunches and how schools can be reimbursed due to the number of meals and items counted daily. It is included in the *10 Minute B-L-T (Breakfast Lunch Training) for School Food Service Managers* Program. See that description for the total program. (National Food Service Management)

ROAD TO CHANGE

A/PM S 1991

(Video, 25 min) The purpose of this video is to help you, the child nutrition manager, determine where your program is now and where additional help maybe needed in putting the dietary guidelines into practice. (Georgia Dept. of Education).

ROOM AT THE TABLE: MEETING CHILDREN'S SPECIAL NEEDS AT MEALTIME

N/NE S 1996

(Video, 23 minutes) Provides information on meeting the nutrition and special needs of children at mealtime. 15-page video guide accompanies the video. (California Department of Education)

SAFE FOOD FOR HEALTHY CHILDREN (cc)

O/SSWM S 1996

(Kit with 2 videos) Workshop guide and support materials to instruct individuals working with young children in group child care settings. Addresses sanitation and food safety concerns associated with childcare facilities. Includes trainer's guide, sanitation pack with brochures on most aspects of food safety and sanitation, sanitation poster, and two videos. One video "Why, How, and When to Wash Hands" (14 minutes) addresses the importance of hand washing and staying healthy in a childcare environment. The second video ((approximately 20 minutes) features four different segments on safe food practices. (Minnesota Department of Children, Families, and Learning, Child and Adult Care Food Program.)

SAFETY IS NO MYSTERY

O/SSWM HS 1987

(Video, 36 min) Food products in this country are almost always safe and wholesome. Improper handling or preparation of those products by consumers in the homes or by food service workers usually causes food borne illness. This video contains four parts that are vital to training. (US Department of Agriculture)

SANDWICHES, SOUPS, AND BREADS

O/FPS HS 19??

(Book) The quantity recipes compiled for this publication have been widely accepted by the elderly in Southeast Missouri. Experience with these recipes has indicated that they add variety to the menu and tend to increase food consumption while reducing food cost. (University of Missouri-Columbia)

SCHOOL BREAKFAST: PRESCRIPTION FOR SUCCESS

N/GN PIJH 1990

(Video, 9 min) Today, in schools across the nation, youngsters have the opportunity to sit down to a nourishing breakfast before they get down to work in the classroom. This video talks about the importance of school breakfast and the advantages it provides for learning. (Southeast United Dairy Industry)

SCHOOL BREAKFAST: PROVIDING THE FUEL FOR LEARNING

N/GN PIJH 1992

(Video, 13 min) There are many reasons for a school district to make breakfast available to students. School breakfast programs can be found in every state and the number of schools participating increased from 36-49 in just 3 years. Poverty and hunger work hand and hand. This alone makes the need for school breakfast programs apparent. (Missouri Dept. of Elementary and Secondary Education)

SCHOOL BREAKFAST TOOLKIT

N/NE S 1999

(Information packet) Toolkit for starting and enhancing school breakfast programs consisting of 3 sections with easy-to-use lessons. Lessons include overview, target audience, estimate of time, materials list, and script. A PowerPoint presentation on disk is included for the "value of breakfast" lesson. (Midwest 5-Star Child Nutrition Task Force)

SCHOOL FOOD SERVICES: EFFICIENT SCHOOL FOOD PRODUCTION

O/FP S 1988

(Video, 33 min) This training series covers aspects of quantity food preparation. Around a half million school lunches are prepared and served daily to students in public schools across the state of South Carolina. (South Carolina ETV)

SCHOOL FOOD SERVICES: MILLER INSERTS

O/FPS S 1988

(Video) Talks about school food service training that food personnel and employees experience in order to acknowledge how school food service products should be examined. (South Carolina ETV)

SCHOOL FOODSERVICE

CM/PR S 1981

(Book) With the growth of school foodservice, there has been an increased interest for learning more about the field. School feeding is a challenging and changing field requiring better-qualified people, resulting in a need for more people to be trained. This book is a basic source of information for the overall operation of school foodservices. (AVI Publishing Company)

SCHOOL HEALTH EDUCATION RESEARCH: METHODS, PROTOCOLS, AND INSTRUMENTS

A/PD S 1998?

(Book, 207 pages) Accumulation of 44 journal articles based on data and research from 1984-1998. These articles relate to the assessment of School Health Education Research. (Journal of School Health Topical Package)

SCHOOL HEALTH INDEX: FOR PHYSICAL ACTIVITY AND HEALTHY EATING**A/PP S 2000**

(**Manual**) This is a tool that can help your school assess its physical activity and nutrition policies and programs based on national standards and guidelines, and I can be used as a part of your School Improvement Plan. (Centers for Disease Control)

SCHOOLS OF QUALITY: AN INTRODUCTION TO TOTAL QUALITY MANAGEMENT IN EDUCATION**A/HR S 1992**

(**Book**) Reflects some of the most important aspects of TQM, which is based on the conviction that sharing a personal constancy of purpose and a dedication to continuous improvements are required for any meaningful change to take root. (Association Supervision/Curriculum Development)

SELF-SERVE: THINGS THAT MAKES YOU GO Mmmm...**O/FPS PIJH 1992**

(**Video, 7 min**) Offer versus Serve, a USDA school meal program, lets students pick what food items they want to eat. At lunch, when they're offered five food items, they could choose 3, 4, or all 5; the choice is theirs. (State of Florida)

SETTING THE RECORD STRAIGHT: THE TRUTH ABOUT FAD DIETS**N/GN JHS 19??**

(**Video, 9 minutes**) Various fad diets are presented and discussed. (Wheat Foods Council.)

SERVING CHILDREN BREAKFAST**N/GN PIJH 19??**

(**Video, 13 min**) Nutrition is one of the most pervasive factors in influencing growth, development, and health. It is, in fact, central to child development. Having breakfast in the morning really makes a difference in the classroom. (Oregon Department of Education)

SERVING IT SAFE: A MANAGER'S TOOL KIT**O/SSWM S 1996**

(**Kit w/computer-based courseware**) This kit from USDA is designed to help food service employees learn how to spot and avoid the dangers of unprepared food and to remember that they are the single most critical element in keeping their operation safe and sanitary. (US Department of Agriculture)

SEVEN HABITS OF HIGHLY EFFECTIVE PEOPLE, THE**A/HR SIS 1989**

(**Book**) Author Stephen R. Covey presents a holistic, integrated, principle-centered approach for solving personal and professional problems. With penetrating insights and pointed anecdotes, Covey reveals a step-by-step pathway for living with fairness, integrity, honesty, and human dignity: principles that give us the security to adapt to change and the wisdom and power to take advantages of the opportunities that change creates. (Simon and Schuster)

SHAPING YOUR ORGANIZATION'S FUTURE**(Frogs, dragons, bees, and turkey tails)****A/O S 1993**

(**Book**) Explodes the myth that simply coping with unexpected change is effective for the long-term health of the organization. Through a series of parables that illustrate how things are not always as they appear, it explains why today's most successful organizations are those that are actively involved in creating their own future. See *Plan or Die! 10 Keys to Organizational Success* for earlier release same year under different title. (Pfeiffer & Company)

SKIM THE FAT: A PRACTICAL AND UP-TO-DATE FOOD GUIDE**N/NE S 1995**

(**Book**) Dispels common myths and misconceptions about fat and cholesterol and offers up-to-date and valuable information. (American Dietetic Association)

SMART MOVES FOR YOUR HEALTH**N/GN IJ 1990**

(**Video, 7 min**) Nutrition is all about choices. Choosing to eat right from the four food groups makes all the difference in the world. (National Dairy Council)

SMART QUESTIONS**A/PD S 1987**

(**Book**) One of America's leading management consultants provides step-by-step instructions for turning ordinary conversational skills into a formidable business tool. (Berkley Books)

SNACK FACTS**N/GN PIJH 19??****SOUTH CAROLINA SCHOOL FOOD SERVICE DESIGN HANDBOOK****O/FE S 1996**

(**Book**) Designed to help those who are responsible for food services in schools and to aid in working with facility designed team members. (South Carolina Department of Education)

SPECIAL EVENTS: THE ART AND SCIENCE OF CELEBRATION**CM/C HS 1990**

(Book) Creating an extraordinary experience for the guest, satisfying the client/host's needs, and maintaining effective communications with individual expert suppliers are the keys to the success of any special event. This book explains how all these goals can be achieved. (Van Nostrand Reinhold)

SPORTS NUTRITION**N/NE JHS 1997**

(Manual) Manual containing fact sheets and activity sets concerning sports nutrition topics. Participant materials and handouts are also included

STAFF DEVELOPMENT SKILLS FOR NETWORKING**A/PD S 1992**

(Book) These Employee Skill Packets are a series of 15 one-hour lesson plans. Each Skill Packet includes everything a manager needs to present a staff development session to school food service employees. (National Food Service Management)

STANDARDIZED RECIPES AND PORTION CONTROL**O/FPS S 2000**

(1-hour video) National Food Service Management Institute satellite seminar. Provides topics about using standardized recipes and portion control techniques to prepare quality, nutritious meals for customers. (NFSMI)

START ME UP! WITH SCHOOL BREAKFAST**N/GN JH 1990**

(Video, 13 min) In today's fast paced world, there are healthy alternatives you can choose to compliment your lifestyle. Eating breakfast at school gives students the energy needed to be alert in school, and it gives children a chance to develop their minds to their highest potential. (South Carolina ETV)

STARTING OUT RIGHT: DEVELOPMENT ASSETS FOR CHILDREN**A/PD S 1997**

(Book, 116 pages) This book offers a framework for building assets for a healthy child development in families and communities. Forty Developmental assets for infants, toddlers, preschoolers, and elementary-age children developed by the Search Institute on the basis of extensive research, are discussed with text, tables, and graphics. A practical guide for any person interested in the restoration and strengthening of child development. (Benson, Peter; Scales, Peter; Leffert, Nancy; Roehlkepartain, Eugene) (Search Institute)

STEAM-OPERATED EQUIPMENT**O/FE S 1987**

(Three booklets) These books provide information on the training program for steam-operated equipment. Included are directions for preparing to use the training materials, descriptions of the training material, and recommendations on how the materials may best be used. (Florida Department of Education)

STEAM-OPERATED EQUIPMENT: USE AND OPERATION**O/FE S 1987**

(Video) Steam-operating equipment offers a safe and efficient way to create a wide variety of nutritious meals easily and quickly. (State of Florida)

STEP BY STEP TO INVOLVING PARENTS IN HEALTH EDUCATION**A/HR S 1996**

(Book) Offers step-by-step procedures and background information to help schools and health educators involve parents and other family and community members as partners in comprehensive health education. Emphasizes active, meaningful involvement directly related to instruction, involvement that goes beyond the traditional roles of classroom aides, parent organizations, and volunteers for school projects. (ETR Associates)

SUCCESSFUL CATERING, 3rd Ed**O/FPS S 1991**

(Book) The purpose of this book has been, and still is, to help caterers be successful, not only by satisfying their clients but also by maintaining a healthy bottom line. (Van Nostrand Reinhold)

SUGGESTED TRAINING PROGRAMS FOR CHILD NUTRITION DIRECTORS/SUPERVISORS**A/PD S 1994**

(Booklet, approx, 100 pages) Hopkins, Carolyn. Programs and materials included address 1) increasing participation the new fashioned way with good customer service, 2) menu planning for health's sake, 3) promoting and marketing your child nutrition program using the DGA's and 4) supplementary materials. Includes several assessment checklists. Report from National Food Service Management Institute.

TAKE A COOK ON THE WILD SIDE**N/NE JHS 1999**

(Teacher's Guide, 15 pages, Instructional booklet, 19 pages, video, 20 min) A supplemental education kit designed to help junior and senior high school students learn life skills in food safety, nutrition, and beef preparation. It has been developed to align with the National Standards for Family and Consumer Sciences Education (1998)

TARGET YOUR MARKET

CM/C

S

1995

(Video, 7 min) A step-by-step marketing program specifically to help school food service programs challenge the competition, make the most of available resources, and increase participation. (ASFSA)

TASTE OF REGIONAL EVENTS

N/NE

S

1995

(Video, 14 min) USDA is working with chefs from around the country to team up with schools to improve meals served to children. As part of this effort, over 60 chefs participated in USDA's Great Nutrition Adventure in seven cities around the country in April 1995. These events were extremely successful in pairing professional chefs with school food service personnel to plan and prepare healthy school lunches and to educate children about good nutrition. (US Department of Agriculture)

TEACHING CHILDREN ABOUT FOOD: A TEACHING AND ACTIVITIES GUIDE

N/NE

KPI

1991

(Book) Children frequently see adults eat meals too rich in fat and sugar. It is important for adults who are caring for children to set appropriate examples. It is crucial to start food education at an early age with good role models. This guide is not a custom-made nutrition curriculum, but an overview of important subject areas and useful methods of food awareness. It attempts to provide a framework by which you can tailor your own food education program. The basic concepts that children need to learn about food are the same everywhere. How you teach them will be up to you. This guide includes some specific suggestions, which may be useful. (Bull Publishing)

TEACHING SNACKS

N/NE

KPS

1994

(Book) Snack time is a natural time for extended learning. Using the nine different topic areas ranging from shapes to colors to cooperation, you will find fun, easy ways to encourage children's learning. Each recipe includes ideas for having your children help prepare the snack. Working together to make a snack provides an opportunity to talk about and practice good hygiene and kitchen safety. Snack time is a time for children to refuel, socialize, and, with recipes from this book, to learn as well. (Warren Publishing House)

TEAM HANDBOOK, THE: HOW TO USE TEAMS TO IMPROVE QUALITY

A/HR

S

1988

(Book) A practical guide to working in or with project teams. Packed with step-by-step instructions, illustrations, and worksheets, all showing how to implement many quality improvement principles. Comprehensive, easy-to-use guide on how to use project teams to improve quality throughout an organization. Clear, simple text and directions lead the reader through a project from inception to closure. Targeted for people involved in project teams, specifically those involved in running or planning the projects. Comprehensive coverage of the subjects will benefit most: team leaders, managers, supervisors, and other advisors or active teams participants. (Joiner Associates Inc.)

TEAM NUTRITION

N/NE

S

1996

(Video, 8 min) There's a change going on in schools across the nation. By promoting food choices and by getting the kids actively involved in making those choices, the promise of healthier children can begin to be realized. (Montana Nutrition Education)

TEAM NUTRITION

N/NE

S

1995

(Video, 17 min) Team Nutrition is a program issued by the USDA to assist school food services across the country to help children eat healthier food at school and to help food services plan better menus for kids. (US Department of Agriculture)

TEAM NUTRITION DAYS AND TEAM NUTRITION TEACHER HANDBOOK: TIPS, TOOLS, AND JEWELS FOR BUSY EDUCATORS

N/NE

S

1997

(Kit w/book, audiocassette) Because the leading causes of death are nutrition related diseases, and food habits are formed early in childhood, the Team Nutrition message encourages children to expand the variety in their diets, add more fruits, vegetables, and grains to their diets and construct a diet lower in fat. (US Department of Agriculture)

TEAMWORK: WORKING TOGETHER IN THE HUMAN SERVICES

A/HR

HS

1976

(Book) Talks about how working together in Human Services can eliminate all the racial antagonisms, inflation, and ecological destruction that's around. (J.B. Lipincott Company)

10-MINUTE B-L-T (BREAKFAST LUNCH TRAINING) FOR SCHOOL FOOD SERVICE MANAGERS

N/NE

S

1990

(Manual w/2 video cassettes) Includes two videos and four lessons. The first video, *Recognizing Reimbursable School Lunches* (21 min.), accompanies the first three lessons; the second video, *Barely Bear and His Friends Learn to Like New Foods* (6 min.), may be used with Lesson 4. The lessons are designed to be completed in short segments. Lessons 1-3, for training every employee in recognizing the meal pattern, are very useful for cashiers and servers. Lesson 4, for elementary school staff, provides suggestions for teaching young children to like new foods and ideas for nutrition education activities in the classroom. 1. *Introduction to and Training on Traditional Meal Pattern Requirements for Lunch*; 2. *Introduction to and Training on Meal Pattern Requirements of Offer Versus Serve for Lunch*; 3. *Introduction to and Training on Meal Pattern Requirements of Offer Versus Serve for Breakfast*; 4. *Young Children Learn to Like New Foods*. (National Food Service Management Institute)

TEN MOST POPULAR NUTRITION MYTHS

N/GN JH 1992
(**Video, 22 min**) Long time ago, people believed in fairy tales and myths for explanation for the world around us. In today's Space Age, science has corrected many long-held health beliefs. (National Health Video)

TEAM UP AT HOME: FUN NUTRITION ACTIVITIES FOR THE FAMILY

N/NE KPIJHS 1998/1999
(**Activity Kit**) Workshop series developed to give to parent's sound nutritional information to resist them in promoting skills and attitudes that lead to healthy food choices and eating practices at home. Food educators may teach lessons to numerous community groups. Additional handouts and worksheets are included. (West Virginia Department of Education, Office of Child Nutrition)

TEAM UP WITH NUTRITION

A/PP S 1998
(**Video, 19 minutes.**) Recruitment video for food service directors and staff, teacher's extension agents, and community supporters to become involved in the Team Nutrition Program. Describes the Team Nutrition Program, how to enroll as a Team Nutrition School, a list of community members to invite to become involved with Team Nutrition, and creative ideas for Team Nutrition activities at the school and in the community. (Michigan State University Extension; Michigan Department of Education)

TERMINEATER: LOW FAT EATING FOR KIDS

N/NE PI 1993
(**Video, 16 min**) A spectacular mini-movie parody of the popular Arnold Schwarzenegger film. Eleven-year-old John Connor learns the importance of eating right from a cyborg (The Termineater) act from the future. The Termineater teaches John five simple ways to reduce fat in his diet without giving up his favorite foods, friends, or flavor. (Rassulo and Company)

TEXAS SCHOOL RECIPE ROUNDUP

O/FPS S 1998
(**24 recipes**) Winning quantity recipes from the 1997 and 1998 Texas School Recipe Roundup. Each recipe has been standardized and has nutrient content per serving. Also contains information on what part of meal pattern requirement the recipe meets. (Texas Education Agency, Child Nutrition Programs Division.)

THERMY SAYS: "IT'S SAFE TO BITE WHEN THE TEMPERATURE IS RIGHT?"

O/SSWM JHS 2000
(**Information packet**) Packet for food safety educators containing promotional materials for "Thermy", the National Consumer Education Campaign encouraging thermometer use when cooking foods. Pamphlets, graphics, and education materials are included, as well as guidelines for use and tips for promotion. (Food Safety and Inspection Service, USDA)

THINK ABOUT FAT AND CHILDREN'S DIET

N/NS HS 1991
(**Video, 12 min**) Make good decisions about fat and your children's diet. Many people are giving more careful consideration to the long-term implications of what they feed their children. (UW-Madison Nutrition Education Program)

THUMBS UP FOR NUTRITION

N/NE PI 1987
(**Video, 17 min**) "Food□Your Choice" programs, for elementary school students, cover grades 1-6. There's a complete set of resource material for each grade level, explaining what food is good for you and talking about the four food groups. (National Dairy Council)

TICKLE YOUR APPETITE FOR CHILD CARE (CC)

N/NE S 1998
(**Kit with audio and videotape**) A fun nutrition education kit directed at young children to teach the importance of healthy eating. It contains materials and ideas designed to communicate the messages of eating a variety of foods and origins of food (milk comes from a cow before it gets to a store) in ways that children will understand and remember. Contains a lively videotape with three vignettes, activities for each vignette, an audiotape, artwork, and reproducible materials. The main objective of "Tickle Your Appetite" is to communicate USDA Team Nutrition messages and themes revised to accommodate preschooler needs. These messages focus on expanding the variety of foods in the diet, eating more fruits and vegetables, and adopting diets lower in fat after age 2.

TIP TOP TOTS: THE NUTRITION PYRAMID FOR PRESCHOOLERS

N/NE KPIJHS 1994
(**Video**) Childcare providers share a responsibility in serving nutritious foods to children in their care (specifically ages two to six) and in helping these children develop healthful eating patterns. This program discusses ways to help children eat healthful foods by understanding: 1. How we can positively influence eating patterns of infants and toddlers, 2. The Food Guide Pyramid (as developed by the US Dept. of Agriculture and the Dept. of Health and Human Services), and 3. Recommended serving sizes for children two to six. Includes suggestions for serving fun and healthy meals and a "Nutrition Song" for children to learn and sing. (Meridian Education Corporation)

TIPS, TALES AND TALK

CM/C

S

1997

(Book) A collection of great ideas from school leaders, parents, and kids, this book compiles innovative and resourceful ideas from school food service directors and cafeteria managers throughout the southeast. The ideas range from tips for education children about making healthy food choices to advice for enhancing school meals. Those presented have several things in common: they are easy to implement, they don't cost a lot of money, and they work! (US Department of Agriculture)

TOPICS IN CLINICAL NUTRITION

N/GN

S

1992

(Book) Talks about the many facets of nutrition that help people understand clinical and other nutritional factors. (Aspen Publication)

TRAINING AND DEVELOPMENT STRATEGIC PLAN WORKBOOK, THE

A/PP

S

1992

(Book) Takes the reader, chapter by chapter, through all the stages an organization must go through to build a comprehensive training system. (Prentice-Hall, Inc.)

TRAINING SKILLS FOR MANAGERS

A/HR

S

1996

(Booklet) Used to help managers develop training skills. The intent is to have managers become coaches for the school foodservice employees in their schools. (South Carolina Department of Education)

TRIMMING THE FAT

O/MP

S

1995

(Book) Provides both information and practice in cycle menu planning and modification. The food-based menu planning system is perhaps the most manageable system for modifying school meals. Associated Milk Producers, Inc.)

TREASURING HEALTH IN ARIZONA: Sample Lessons for Teaching School Health Education (Grades K-3)

N/NE

HS

1997

(Curriculum guide) This publication is to assist schools in implementing effective comprehensive school health education programs based on *Arizona Comprehensive Health Essential Skills*. Includes nutrition education. Provides teachers with ready-made materials so they can assist students in making healthy decisions. (Arizona Department of Education)

TREASURING HEALTH IN ARIZONA: Sample Lessons for Teaching School Health Education (Grades 9-12)

N/NE

HS

1997

(Curriculum guide) This publication is to assist schools in implementing effective comprehensive school health education programs based on *Arizona Comprehensive Health Essential Skills*. Includes nutrition education. Provides teachers with ready-made materials so they can assist students in making healthy decisions. (Arizona Department of Education)

TUFTS UNIVERSITY GUIDE TO TOTAL NUTRITION, THE

N/NS

H

1990

(Book) All the things you need to know in order to maintain reasonable nutritional standards. (Harper Collins Publisher)

ULTIMATE SPORTS NUTRITION HANDBOOK, THE

N/NE

S

1996

(Book) Provides proven strategies that athletes can use to perform closer to their potential. Presents current information that athletes, from the weekend to the professional, school-ager to senior, can put to use immediately to enjoy better performance and overall health. (Bull Publishing)

UNDERSTANDING FINANCIAL STATEMENTS

A/FMB

S

1990

(Book) Explains fundamental concepts in a clear and understandable way and provides simple tools that can help readers apply what has been learned to their business needs or interests. (Crisp Publications, Inc.)

USE OF COMPUTER SIMULATION IN SCHOOL FOODSERVICE

A/PD

S

1995

(Booklet, 40 pages) Nettles, Mary Frances. Research report on the feasibility of using computer simulation techniques to answer operational questions associated with customer service in Child Nutrition Programs (CNP). Results indicate that although the exacting procedures of computer simulation methodology present many challenges, this technique does have relevance to solving CNP operational problems. (National Food Service Management Institute.)

USE, OPERATION AND MAINTENANCE OF REFRIGERATED FOOD STORAGE

O/FE

S

1993

(Video, 26 min) Instructs school food service personnel how to properly use, operate and maintain refrigeration equipment. (Florida Department of Education)

USING KITCHEN KNIVES SAFELY AND EFFICIENTLY

O/SSWM

S

1980

(Book) About using kitchen knives of all types safely and efficiently in food services and restaurants. (National Education Media, Inc.)

USING THE BALANCE AND SPRING SCALE

O/FE S 19??

(Video, 14 min) Talks about the different techniques used for scaling out ingredients and weighing out products. Spring scales and the balance scale are common in the food service industry. (RMI Media)

USING THE FOOD GUIDE IN NUTRITION EDUCATION TELECONFERENCE

N/NE HS 1992

(Video, 86 min) This video is a nutrition education teleconference introducing the food guide pyramid, a new graphic conveying the three essential elements of a healthy diet: proportion, moderation, and variety. (US Department of Agriculture)

USING THE FOOD GUIDE PYRAMID: A RESOURCE FOR NUTRITION EDUCATORS (2 copies)

N/NE JHS 1997

(Book, 126 pages) Provides information to assist nutrition educators in helping audience use the Food Guide Pyramid to plan and prepare foods for a healthy diet. Objectives used for developing the pyramid and menu planning to it the Food Guide Pyramid are discussed in detail. (USDA)

VARIETY + VERSATILITY = GOOD TASTE

O/FPS S 1993

(Video, 11 min) Canned fruit items: packing, storing, marketing, the versatility of canned fruit items in restaurants, produce markets, grocery stores, and school foodservices. (Canned Fruit Promotion Service)

VEGETARIAN TEEN, THE

N/SN H 1991

(Book) Warns against such extreme vegetarian plans and recommends a balanced and healthy diet that has been shown in countless scientific research studies to be safe and nutritious. (Millbrook Press)

WALK AMERICA!

N/GN H 1987

(Video, 29 min) The story of one man, Rob Sweetcoll, alone and on foot, who walked over 11,000 miles visiting more than 2000 cities in all 50 states in just 50 weeks. This walk was done for one reason: to encourage Americans to walk for better health and fitness. (Videocom)

WAREWASHING AND SANITIZING

O/FE S 1992

(Video, 41 min) Instructs school food service personnel on how to properly use, operate, and maintain ware-washing equipment. (Florida Department of Education)

WEIGHING IN FOR LIFE

N/GN H 1988

(Video, 28 min) Weight management: help for you as an adult in recognizing the health consequences of extra weight. As many as 40 million Americans may have weight problems. This is estimated to be about 1 out of every 3 Americans. (South Carolina ETV)

WELCOME TO A NEW SCHOOL YEAR: 1993-94

A/PM S 1993

(Video, 30 min) Introduces the 1993-94 school year and the work that was prepared ahead for faculty, staff, local school officials and state officials. Talks about the preparations for beginning and preparing, and other informative ideas for students in schools. (South Carolina ETV)

WELCOME TO CHILD NUTRITION

A/PM S 1992

(Video, 17 min) Concentrates more on general program requirements and is intended to dispel many of the misconceptions that exist with respect to the lunch and breakfast program. (New York University Film Library)

WHAT KIDS NEED TO SUCCEED

A/PD S 1998

(Book, 243 pages) Based on a 1996 survey of nearly 10,000 young people grades 6-12, this book examines what kids need to succeed at home and in school. Describes what parents can do to build developmental assets such as family support, caring environment, self-esteem, and decision making skills, and provides practical, concrete examples and suggestions. (Benson, Ph.D., Galbraith MA, Judy, Espeland, Pamela) (Search Institute)

WHAT TEENS NEED TO SUCCEED: PROVEN PRACTICAL WAYS TO SHAPE YOUR OWN FUTURE

A/PD S 1998

(Book 361 pages) This self-assessment tool describes development assets needed for teens to succeed based upon a national survey of more than 350,000 students grades 6-12. This book is written for a teen audience and provides a guide for developing assets that give support, skills, and resources to succeed. Forty assets are discussed in terms of external and internal groupings. (Benson, Ph.D. Peter) (Search Institute)

WHAT'S COOKING

N/GN

PLJH

19??

(**Video, 15 min**) Children of different origins help in the preparation of a family meal: a Chinese-American family, a Mexican-American family, an Italian-American family, and a Black American family. Each prepares a meal traditional to its own culture. The children voice their feelings and opinions about kinds of food and how good they are. Parents show how to cook certain dishes. A wide variety of meals are served. We see how nutritional needs are met by the foods of different cultures. (Churchill Films)

WHAT'S COOKING II

O/FPS

S

1997

(**Book**) More than a collection of new recipes, this is a resource to help you serve meals that meet USDA meal pattern requirements that are appetizing to children that are consistent with the 1995 Dietary Guidelines for Americans. These encourage the use of fruits, vegetables, and grains while using in moderation sugar, fat, and salt. Offering a variety of foods, prepared in different ways, makes meals and snacks more interesting and allows children to consume a variety of necessary nutrients. No one food gives you all the nutrients you need. Fat and cholesterol are necessary for normal brain development. By serving a higher fat entree with lower fat side dishes, you can easily lower the fat content of a meal. There is a place in the diet for all foods. With careful menu planning you can still meet the goals of the dietary guidelines. (Nebraska Department of Education)

WHAT'S IN A LESSON FOR WHAT'S IN MEAL?

A/PM

S

1996

(**Curriculum Package**) developed through a USDA task force intended for training Child and Adult Care Food Program personnel in providing quality nutritious meals. The curriculum is designed to complement the "What's in a Meal?" resource manual. It contains units on menu planning, purchasing, food safety and sanitation, and child and parent involvement. (USDA).

WHAT'S IN A MEAL?

A/PM

S

1999

(**Resource manual, 138 pages**) Related to Child and Adult Care Food Program. The manual includes nutrition, recipe modification, food labeling, feeding infants, food handling and sanitation, ethnic foods, recipe evaluation, and food crediting information. (USDA Food and Nutrition Service, Midwest Region).

WHAT'S ON YOUR PLATE

N/GN

PI

1993

(**Video, 14 min**) Eating smart could help you grow stronger and play longer. A balanced diet, exercise, and encouragement can help you jump high and play longer. (McDonald's Corporation)

WHEN I GROW UP

N/NE

KPIJS

1994

(**7-minute video with materials**) Video and teacher's guide are part of a complete classroom activity program focused on the guidelines of the Food Guide Pyramid. Post-video games, learning tools, activities and other useful materials are provided in the teacher's guide to use for student class discussions.

WIDE WORLD OF FOOD SERVICE BRUSHES

O/SSWM

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1989

(**Video, 18 min**) Proper cleaning and sanitation practices can greatly reduced or eliminate the potential of creating food borne illnesses, which are caused by bacteria, viruses, and parasites. Every year, health inspectors close hundreds of restaurants, and hundreds of thousands of people are needlessly infected with food borne illnesses, caused by lack of proper cleaning and sanitation procedures. In a majority of cases, using improper or worn out brushes is a significant factor. (Sparta Brush Company)

WINNING FOODSERVICE MANAGERS, THE: STRATEGIES FOR DOING MORE WITH LESS

A/PM

S

1990

(**Book**) Built on a solid foundation of management research and full of up-to-date information and techniques to help you bring about this type of transformation in yourself, your employees, and your organization. (Achievement Publishers)

WINNING SPORTS NUTRITION: THE TRAINING DIET

N/SN

H

1993

(**Video, 34 min**) Top coaches and programs recognize the importance of good nutrition. For athletes, the best diet means eating foods that provide all the nutrients needed for good health and top sports performance. Sports dietitians, athletic trainers, and researchers discovered that what you eat and drink does affect your sports performance. (University of Arizona)

THE WINNING TRAINER, 3RD EDITION

A/PD

S

1996

(**Book, 625 pages**) Eittington, Julius E. Material from workshops, experienced trainers and training literature. Practical ideas for training. Includes chapters on Team Building, Use of Groups, Role Playing, Use of Films/Videos, Puzzles, Games and Simulation, Participative Methods and other training situations.

WORK ANALYSIS AND DESIGN FOR HOTELS, RESTAURANTS AND INSTITUTIONS, 2nd Ed

O/FE

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1979

(**Book**) Deals with the study of work systems that are commonly found in hotels, restaurants, and institutions. Presents the principles, knowledge, and techniques required to successfully analyze and design such work systems so that they are as efficient as possible. (AVI Publishing Company)

WORK SIMPLIFICATION**O/PFS S 2000**

(Video, 60 min) In this program, school food service personnel are shown how to use work simplification to increase efficiency while providing the highest quality of service in their operation. Situations are identified where work simplification can benefit the food service operation. NFSMI (National Food Service Management Institute) satellite seminar. Written materials. April 2000

WORK SMARTER, NOT HARDER**O/FP S 1987**

(Video, 13 min) Illustrates the proper ways of doing certain tasks in a school cafeteria. (Sift Management Forum)

WORKING WITH HEALTH PROMOTION TEAMS**CM/C S 2001**

(Video, 120 min) The purpose of this teleconference is to assist child nutrition and other school nutrition personnel in encouraging children to make healthy choices. Experts share initiatives that have been introduced at the national level. State and school district projects are highlighted. An NFSMI teleconference. No written materials. August 2001

WORKING SAFE: ACCIDENT PREVENTION IN CHILD NUTRITION PROGRAMS**O/SSWM HS 1999**

(Video, 16 min) A National Food Service Management Institute (NFSMI) Breakfast Lunch Training (BLT) module. Features lessons on the prevention of falls and lifting injuries, fires and burns, cuts and chemical accidents.

YOU CAN'T LEARN WHEN YOU'RE HUNGRY**N/GN H 19??**

(Video, 15 min) Portrays real life problems that contribute to children missing the morning meal. Alerts parents to the reality that a morning meal is critical to learning at school. Provides global recognition that childhood hunger does exist in this country and identifies several common factors that contribute to the need for school breakfast programs. (National Dairy Council)

YOU MAKE THE DIFFERENCE**N/GN S 1990**

(Video, 16 min) Examines the effects of good nutrition on learning as it relates to the role of employees in school food service programs. (Tyson Foods)

YOU'RE A PART OF THE PROCESS: HOW TO HANDLE FROZEN FURTHER PROCESSED PRODUCTS**O/FPS S 1992**

(Kit w/video cassette 33 min) Although further processed products may have several of the preparation steps already performed, they still need to be handled correctly to maintain their quality throughout the receiving, storing, preparation, and holding processes. Tyson has developed these materials to help foodservice employees fully realize the importance of their role in seeing that only safe, nutritious, good-tasting foods reach their customers' plates. (Tyson Foods)

YOUNG PEOPLE'S HEALTHY HEART LESSON PLANS**N/NE KPIS 1999**

(Learning Kits) Nutrition Curriculum for Kindergarten through Grade 6 with a separate kit for each grade level. Each kit contains a lesson plan; including age appropriate learner objectives, student activities and worksheets. Math, reading, art and group activities have been integrated into the lesson plans. The lessons focus on skills and behavior change. Each lesson plan contains four or more healthy heart recipes. The lesson plan for each grade is designed to take two to three days (30-45 minutes each class) over a minimum of five to seven weeks. (Young People's Healthy Heart Program)

YOUNG HEART: WHAT YOU MUST KNOW ABOUT CHOLESTEROL**N/SN IJHS 1989**

(Video, 30 min) An important first step in educating students about what they can do to maintain healthy hearts. Explains what cholesterol is and its link to coronary disease. Teaches students how they can take preventive measures to lower their cholesterol rate through diet, exercise, and stress management. Good health habits instilled at an early age are often carried to adulthood. Shows students how to make positive changes in their lives today; gives them a better chance to enjoy a healthy physical and emotional life tomorrow. (Human Relations Media)

YOUR BODY, YOUR DIET, YOUR CHOLESTEROL**N/SN H 1987**

(Video, 21 min) Presents a scientific perspective on cardiovascular disease including the risk factors associated with it: the role of diet, particularly fats and cholesterol, and the importance of having your blood cholesterol and blood pressure checked regularly. Through expert commentary and supporting visual materials, the video emphasizes the tenuous link between diet and cardiovascular disease and stresses the value of eating a wide variety of foods to promote wellness and help prevent certain disease. (National Dairy Council)

YOUR FIRST CRUISE: A BEGINNER'S GUIDE TO THE INTERNET**A/O S 1992**

(Video) Explains Internet terminology in plain, understandable language. Demonstrates each Internet application: e-mail, ftp, telnet, gopher, and worldwide web in a way that is clear and meaningful to the viewer. Information such as: Library of Congress card catalog; Daily White House press releases; Weather maps and weather forecasts; NASA information; ZIP code guide; Free Medical & Research Information; Lesson Plans for K-12. (Cambridge Research Group)

YOURSELF, MIDDLE SCHOOL NUTRITION EDUCATION KIT FOR TEACHERS

N/NE

JS

1998

(Teaching kit containing Teachers Guide, 30 yourSELF magazines, 39 yourSELF Student Activity Guides, a videocassette with 3 segments -11 minutes, 60 seconds and 13 minutes, duplication masters and poster.) The yourself kit was developed as part of USDA's Team Nutrition initiative to help middle school students understand how their decisions about eating habits and physical activity today affect their growth and their health in the years ahead. These new materials provide information about the relationship of food, nutrition, growth, and health that students need in order to appreciate and choose healthier foods. The kit contains instructional materials on eating and physical activity for use in health, family and consumer sciences, and family living classes. The materials are designed to convey respect for the adolescents' power of the nutrition education package is designed to support student decision-making by simulating the production of a TV spot around nutrition and physical fitness. (USDA and Scholastic Magazine)

ZAPP! IN EDUCATION

A/PD

S

1992

(Book) An empowerment guide adapted for the classroom with workable, hands-on advice on how educators can get their students excited about education again. (Development Dimensions Int'l)